

## Enhancing Leadership Practice, Performance and Wellbeing

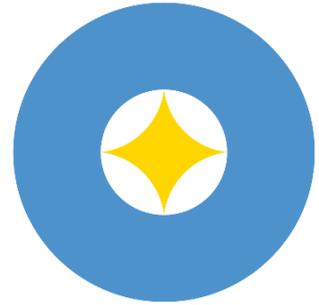
**Our Neuroleader Academy™ offers a range of learning programmes to support leadership development and personal growth.**

All our courses are designed to enhance the skills and capabilities needed to thrive in a rapidly changing world, where collaboration, network and relationship are essential for sustainable wellbeing and performance.

Informed by neuroscience, and grounded in real life, our courses provide practical examples and insights that can be easily applied in the real world. This is where the “soft” subjects meet the hard science, striking the sweet spot that other programmes miss.

Our Neuroleader Academy™ offers powerful blended learning experiences across a range of different courses. Each is designed to capture the attention and awaken curiosity for best learning and long-term application. Whilst the balance may shift dependent on the course, core components include:

- ◆ Easy access online learning portal (message board, progress updates and assignments)
- ◆ Instructor led tutorials
- ◆ Study calls/on-line workshops
- ◆ Knowledge videos, additional reading materials and references (video/podcast/journal)
- ◆ Tools, frameworks and practical exercises for teams
- ◆ Built in discussion board and reflection time
- ◆ Interactive ‘Buddy’ system for on-going shared learning
- ◆ Phone support / coaching support, as required
- ◆ Dedicated group (WhatsApp or similar) for on-going reflection and debate



*“The content of the programme and the Minerva team were absolutely fantastic. I didn’t know what to expect but the programme has really had an impact on me personally and professionally. Thank you!”*

Neuroleader Programme Delegate, Junior Leader, Welsh Govt

*“This course has taken me further on the journey towards being a better leader, professional and person. It has joined up practices people told me would work with why they work which makes the act of looking after the whole self more compelling in our “VUCA” world*

Neuroleader Academy Delegate, Senior Leader, Rail Industry



## Engage Whole Self

Engage Whole Self is a coach supported on-line study programme, designed as an introduction to the skills and competencies necessary to be an effective leader in the 21<sup>st</sup> century.

The 10-12-week blended learning programme comprises a mix of coach-led study calls, learning modules, wider reading and supporting resources. Learning is embedded through reflection, practical application, guided discussion and a buddy system which encourages participants to support and also learn from one another. The programme concludes with a 1,500-word assignment to cement learning.



### Engage Whole Self

Working in cohorts of up to 12, participants learn about the importance and relevance of optimal levels of mental and physical wellbeing through the integration of brain, mind and body. A journey into the self, we explore thoughts, behaviours and emotions, as we begin to understand how to successfully engage with change and personal transformation. **Understand the relationship between your rational and emotional self and how engaging the whole self enables peak performance.**

#### Learning Objectives

- ◆ Explore what is meant by Neuroleader and relevance with leadership today
- ◆ Unpack 'Whole Self' and the importance of brain, mind & body integration
- ◆ Understand the rational/emotional relationship and how it impacts wellbeing and performance
- ◆ Learn why no two brains are alike and the implications for collaboration and engagement



The learning programme comprises the following on-line learning modules; Context, The Whole Self, Our Internal Communication System, Our Thinking Processes and Organisation Basics.

Each unit builds on the one before, with content accessed via our on-line learning platform, spaced into bite size learning chunks. The programme includes 4 x 60-minute Study Calls with a qualified assessor/coach, plus optional:

- ◆ Buddy mentor/coaches available to work with each buddy pair providing guidance and insight
- ◆ Extended 120-minute study calls to include additional tailored material around specific and agreed subjects such as mindset, innovation and collaboration

*"I found this course incredibly insightful, not only in understanding myself but also my colleagues. Applying this scientific understanding to emotional behaviours will really help me to collaborate better with my team."*

Engage Whole Self Programme Delegate, Junior Director Level

*As leaders how we act and think impacts on all. By becoming conscious of this, we can start to change our patterns of behaviour to have a more positive impact on our people"*

Engage Whole Self Programme Delegate, Senior Leader, Rail Industry

*"This course is brilliantly curated to make learning easy and thought provoking without feeling like a chore"*

Engage Whole Self Programme Delegate, Senior Leadership Consultant

For more details or to book your place contact Jennie Flower on:

[jennie.flower@minervaengagement.com](mailto:jennie.flower@minervaengagement.com) | +44 (0)20 3285 7943 | [www.minervaengagement.com](http://www.minervaengagement.com)



## Additional Neuroleader Modules

When building the right programme for your organisation, you have the option of adding one or more of the three modules below to the foundational Engage Whole Self Programme.



### Lead the Way

Lead the Way is designed to build personal resilience, whilst supporting wellbeing and enhancing collaboration within a high-performance culture. Learn how to manage self and lead highly engaged teams in a rapidly changing environment, while maintaining a positive outlook and personal resilience.

Understand the roles of stress and emotion to create a more coherent, agile and healthy response to change in work and life. **Understand how to better connect with colleagues for improved relationship and collaboration, including:**

- ◆ Emotional resilience and regulation for improved leadership
- ◆ Behavioural contagion and how it impacts those around us
- ◆ Understanding unconscious bias



### Unlock Opportunity

Learn how to access your intuition and develop curiosity for continual learning and growth. Fine-tune your powers of observation and reflection, while understanding how focused attention and diversity can support aspiration, innovation and change. **Understand how to maximise potential, creating an environment that supports innovation and creativity and creates opportunity, including:**

- ◆ The role of neuroplasticity (rewiring the brain for change)
- ◆ Why mindsets matter and mindset shift
- ◆ The habit of change (understanding habit formation and culture as a series of habits)



### Connect for Change

Learn how to create engaging environments built on respect, that support trust, wellbeing and optimism. Understand why psychological safety, strong social networks and effective communication and engagement are vital for meaningful, effective collaboration. **Understand how to motivate, encourage and connect with colleagues and teams during times of change, including:**

- ◆ Collaboration – key to high performing teams
- ◆ The neural basis of engagement – the science of collaboration and engagement
- ◆ The role of social connection



## Virtual Training to Enhance Performance and Wellbeing

Our Neuroleader Academy also offers a range of short courses which can be completed online at your own pace. Each course comprises approximately four hours of training content with additional time for reflection and putting what you've learned into practice.



### De-Stress: How to Befriend Stress and Why That's a Good Idea

Develop your understanding of stress – both good and bad – so that you are better equipped to spot it, manage it, alleviate it and also to harness it.

You will develop your awareness of the signs of stress in oneself and in others, understand stress boundaries and how reaching the 'goldilocks zone' of just the right amount of stress has the potential to deliver huge benefits.



### Productivity: Manage Your Brain Power to Be More Effective

Develop techniques that will allow you to focus attention and use mind wandering to best effect.

You will learn about different states of mind; our monkey, wandering and attentive minds, as well as triggers and techniques to manage or harness each state, to enhance both wellbeing and productivity.



### Thrive: Learn to Weather Any Storm

Learn how to care for the whole self; brain, mind and body and to develop the skills that will help you thrive no matter what life throws your way.

You will gain insight into the crucial role social connection plays in our health and wellbeing and how combining all of these elements boosts our ability to thrive, manage stress and stay resilient in times of change.



### Calm: Regulate Emotion for Inner and Outer Peace

Develop techniques that will allow you regulate emotion and manage anxiety in order to boost your wellbeing, resilience and relationships.

You will learn about the nervous system and why certain calming techniques are so beneficial for reducing feelings of anxiety. You will also build awareness of the emotional self and emotional regulation in order to stay balanced.



### Happiness: What it is and How to Find it

Develop your knowledge of happiness, the science behind it and how to achieve it.

You will learn how true happiness may not be what we think it is. You will also gain insights into how to shift your mindset to help you to find and maintain true happiness.

