



CLEAR

QUALITY

THE OPTIMISED MIND

Course Overview

Investing in The Optimised Mind course will equip your team with the tools to manage stress, enhance focus, and improve overall performance. By understanding how to optimise brain function and build a high-performance mindset, employees will be more resilient, motivated, and productive in the workplace.



Duration

1 Day

What Will I Learn?

- ✓ How to understand and manage your stress response by identifying personal triggers and symptoms.
- ✓ High-performance mindset strategies used by elite athletes to boost confidence, resilience, and focus.
- ✓ Cognitive reframing techniques to regulate thoughts and transform your response to challenges.
- ✓ How to regain control under pressure by mastering controllables and using breathwork techniques.
- ✓ Practical neurohacking techniques to optimise brain function using the four key brain chemicals: dopamine, serotonin, oxytocin, and endorphins.

What Skills Will I Gain?

- ✓ The ability to recognise and manage stress effectively to improve mental clarity and performance.
- ✓ Practical techniques to boost motivation, discipline, and overall well-being through behavioral changes.
- ✓ Confidence-building strategies inspired by elite sport to strengthen resilience in high-pressure situations.
- ✓ Thought regulation skills to shift limiting beliefs and expand your comfort zones.
- ✓ Tools to maintain composure and focus under pressure by controlling responses and aligning mindset.

All of our short courses can be delivered in a classroom environment or via Microsoft teams. To discuss your training needs further please contact us here at: training@clearquality.co.uk