



**MIND**  
MATTERS

# RESILIENCE TRAINING

*FOR RESEARCHERS*

# Why should building your resilience be a priority for researchers?



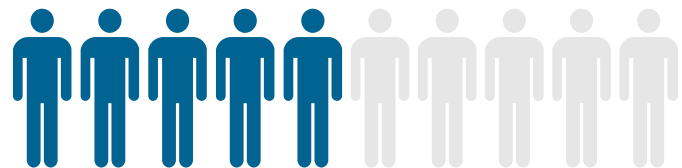
48% feel pressured to work long hours



61% witnessed bullying or harassment



70% feel stressed on an average day at work



53% had or are seeking professional help for their mental health

# Build your stress resilience and boost your mental wellbeing over the course of 9 weeks

Discover your current level of resilience with the Personal Resilience Indicator (PRI)

Uncover your limiting core beliefs that drive your thoughts and behaviours

Understand what gives you meaning and a sense of direction in your life

Learn techniques to help you push through personal and professional challenges without exhausting yourself

Measure your progress with the PRI and build your personal resilience game plan

## 1. GETTING STARTED



## 2. HEALTH

Learn how to make conscious lifestyle choices that support your physical and mental health

## 3. CORE BELIEFS



## 4. COMPOSURE

Create emotional self-awareness and develop your ability to regulate your emotions under pressure

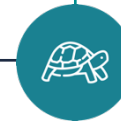
## 5. PURPOSE



## 6. PROBLEM-SOLVING

Learn how to maximise your ability to solve problems and to create insights

## 7. PERSEVERANCE



## 8. RELATIONSHIPS

Understand how to use your intuition and trust to build mutually supportive relationships

## 9. WAY FORWARD



# Build sustainable resilience habits over the course of 9 weeks rather than overloading yourself with information in a 2-day event

## PERSONAL RESILIENCE INDICATOR (PRI)

Take our proprietary, independently validated resilience diagnostic, the only diagnostic of its kind with a reference population specifically for researchers

## RESOURCE AREA

Review the recordings from the Live Workshops if and when needed and work through the templates and workbooks at a time and pace that works best for you

Dive deeper and explore additional resources that are most relevant to you.



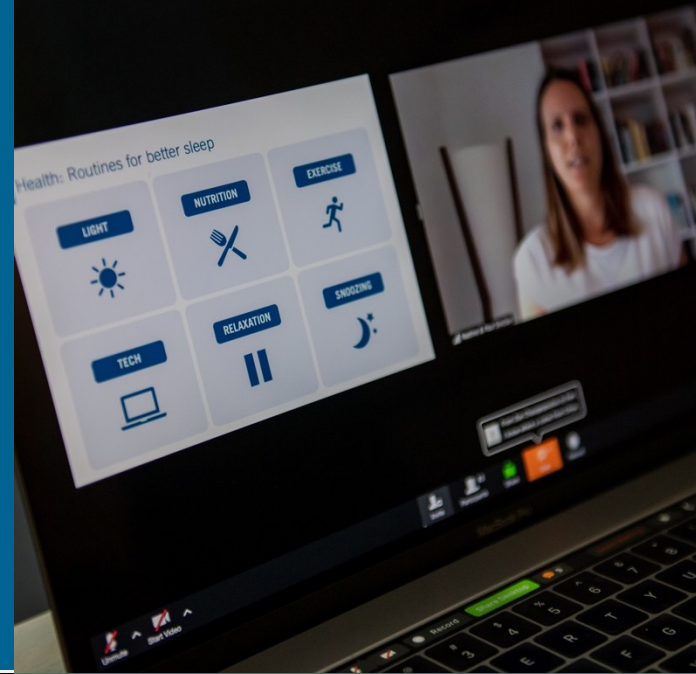
## 9 WEEKLY LIVE COACHING WORKSHOPS

Build your resilience in bite-sized 2hr live sessions via video conference. Use the opportunity to receive guidance, answers to your questions and interact with the other participants.

## PRIVATE SOCIAL MEDIA COMMUNITY

Join our moderated, private social media community on Tribe.so and use the opportunity to ask questions, share your progress and assignment and interact with the other participants.

“ I can now deal with the stress of research more effectively and more efficiently. I have learned the importance of taking care of my mental health.



“ I slept the whole night this week without waking. I can't remember the last time that happened!



“ With ever-growing anxiety affecting my mental health and work productivity, I sought the help of Mind Matters. I can confidently say that it was one of the best decisions I have taken.







“ I learned the backbone of resilience and how to improve it. And of course the many elements of it and specific strategies to work on them. Specificity makes it very accessible!



“ Loved that resilience was presented in a metaphorical way. Discussing resilience may be one of the best and most important topics in these times!



“ Good to know that everyone is struggling with similar issues!

# The autumn Resilience Training with weekly virtual workshops every Monday starts on Aug 30<sup>th</sup> and finishes on Oct 29<sup>th</sup>

## SCHEDULE AT-A-GLANCE



## DR. NADINE SINCLAIR

Nadine is a trusted advisor to corporate and academic leaders and one of the Managing Directors of Mind Matters. Before embarking on her entrepreneurial journey, she was a project manager with McKinsey & Company. A scientist by training and at heart, she conducted her doctoral research at the Max Planck Institute for Biophysical Chemistry.

In her work as a neuroleadership expert, she uses her scientific mind to bridge the gap between science and business practices using the latest insights from neuroscience and behavioural economics to create breakthroughs for her clients.



## PAUL SINCLAIR

Paul is one of the Managing Directors of Mind Matters. He is passionate about helping high-achievers transform their resilience, emotional intelligence and leadership style to become more authentic leaders of themselves and others. He has trained with Gabor Maté – one of the most renowned and sought after experts in trauma therapy, addiction and the link between emotional stress and physical illness.

Building on his past experiences as a top athlete, member of an elite military unit, recovering addict, and successful entrepreneur, he knows what it takes to change your brain and transform ingrained patterns of thought, feelings and behaviour.





FOR VIDEO INTERVIEWS WITH  
PREVIOUS PARTICIPANTS VISIT

*<https://bit.ly/3xyjQXw>*