



MINDSET PERFORMANCE

Developing soft skills for a hard world





You cannot perform at your best while feeling at your worst, and anything in between is just mediocre.

Everything we do begins in the mind
and through the power of thought!

This practical workshop will teach you techniques to recognise and change negative behaviours, both for the self and within others, by helping to understand how to build a **can-do attitude** as well as achieve a happier work-life balance.



Delivered in Mike's energetic, engaging, and informative style, **Mindset Performance** gives delegates the **knowledge and techniques** to better understand the brain and mindset, and to change our pre-conditioned perceptions or perspectives that prevent us from achieving our true potential.



When you look at where the world of business is today and the challenges it faces on multiple levels, investing in this course will help business owners and delegates to **develop a more positive, happier workforce** and create the inspiring leaders of tomorrow.

All the research shows that a fully engaged employee can be over **60% more productive** than a disengaged employee.



Who should attend?

Bodyshop owners

Managers

Customer-facing staff

HR executives

Supervisors

All team members

Course content

The Brain, mindset, psychology, theory & practical

Developing personal learning skills

How to create inspiring beliefs

Encourages delegates to think more positively

Leadership behaviours

Teamwork skills

Discovering your superpower

Understanding our internal pause button

Turning a negative thought around before it affects performance

Gain powerful insights into emotional intelligence and human behaviours





Delivery

On-site
group course

1-day
face to face

Benefits:

On-site delivery will be high energy,
high impact & memorable

Remote
group or open course

4 sessions
of 2 hours

Benefits:

Remote live video conference sessions
offer a deeper level of learning & retention

Mindset Performance Booster

Auto-Motivate acknowledges that the learning on our Mindset Performance course, likewise with any other course will live intensely in the mind for six weeks and after this time the mind can revert quickly back to where it was before attending the course.

Inclusive of the Mindset Performance course fee, Auto-Motivate offers a 90-minute Mindset Performance Booster session (via video conference) which will take place 12 weeks after completion of the Mindset Performance course.

The Mindset Performance Booster course will stimulate the memory and reinforce what has previously been learnt and will help to embed the learning.

Advanced

On-site
group course

3-day face to face

This advanced Mindset Performance course will suit senior executives and HR executives



About Mike

Mike Monaghan's business career spans over 46 years in the collision industry and over 25 years in business. In 2009 Mike completed the sale of his successful automotive company Motor Vehicle Repairers Association (MVRA) to a FTSE 100 company. Since 2009, Mike has been engaged in several consulting and non-executive director roles in the UK and Internationally for large and small organisations in both corporate and SME sectors.

In 2015/16, Mike realised the high performance mindset development training being delivered to blue chip companies and sporting elite was the missing jigsaw piece in the bodyshop environment. Mike began to modify the world class motivational teachings and tailor it to the bodyshop industry and launched Auto-Motivate.

Mike would describe himself as a natural giver and a person who likes to help others and thrives on seeing them, and their businesses reach even greater levels of success.



If you would like to find out more or to
book a course please contact us on:

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