

# Sustaining resilient and healthy organisations through **Mindsets**

The COVID-19 outbreak has meant our futures are looking distinctly different to what we may have imagined when we welcomed in 2020. It has tested our resilience, impacted our wellbeing and needed us to respond to substantial change.

In partnership with

**COACHING**  
C U L T U R E



Some of us have been thriving, whilst others barely surviving. Part of this will be down to personal circumstances, but in other cases it will be down our mindset and how we see our place in the world.

How we think impacts the attitude we take to work, what we believe we are capable of and how we respond in challenging situations.

Creating the right mindset in our employees is therefore significant to engaging and developing a responsive workforce.

**Mindsets** provides bespoke online learning covering a variety of topics. Each module is designed to create sustainable change through **self-awareness**, **self-reflection** and **accountability**. It does this using quick and easy self-assessment questionnaires and micro-coaching exercises. Anyone who takes the module will receive a **personalised profile** based upon their assessment responses and they are given **targeted micro-coaching exercises** tailored to their results. They are also given the opportunity to **make commitments** to change using our goal setting and habit tracking process.

The bite-sized coaching exercises can be taken in a single sitting. Appealing to our shorter attention spans and busy schedules. They can also provide a valuable starting point for working with an internal or external coach. Because coaching is tailored to the individual it means it is as effective as possible. And coaching exercises spread out over time lead to effective sustainable change.

“Mindset came to us not a moment too soon. We had been having conversations in our team for a number of months around making coaching more inclusive and on the back of that, creating a coaching culture at The University of Liverpool. Mindset allows us to make coaching accessible for the masses and as such we believe this will enable our workforce to become more agile, self-aware, resilient and courageous in the future.”

Matthew Davies, Organisational Development Adviser, University of Liverpool



# Give it a go...

## Step 1

Test out the free module **Thriving through Isolation** to get a feel for the Mindsets tool:  
[www.mindset.co.uk/thriving-during-isolation-wme/](http://www.mindset.co.uk/thriving-during-isolation-wme/)

On receiving your personalised link, you can share this for free with all employees.

## Step 2

Request a demo of the full Mindsets suite including how you can use the data to give an overview of the organisation's mindset.

You may also want to consider looking at the **Coaching Lessons** at the same time, a library of e-learning modules designed to give everyone the capability to coach.

## Step 3

If you recognize how these tools can add value to your organisation then access **WME's** exclusive offers through our partnership with Coaching Culture

## WME Offers

These products are purchased on 12 month licences, giving colleagues access to the resources throughout the year when they need it most. (Longer term deals are also available).

WME are working in partnership with Coaching Culture, the company who designed these fantastic development resources. We are pleased to be able to offer WME Member organisations, and those part of the **West Midlands Coaching and Mentoring Pool** access to the online tools for an **unlimited number of users**.

**Lessons** - £5,000+VAT for 12 months

**Mindsets** - £5,000+VAT for 12 months

**Multi product discount:** £8,000+VAT for 12 months (if you purchase both products together)

The fees above are usually capped for a maximum of 500 users.

For smaller organisations; for a limited time only (whilst we are being impacted by COVID-19) you can purchase individual 12 month licences for £25+VAT per person.

Members of the **West Midlands Coaching and Mentoring Pool** get an additional 5% off.

If you are not a WME member, you can still access these resources via WME.

To find out more contact [info@wmemployers.org.uk](mailto:info@wmemployers.org.uk)

