



Contact: **Ali Vondy** @
manxminds@gmail.com
07624-461546
www.manxminds.com

mindapples

LOVE YOUR MIND

The following is a brief overview of the four 'Mindapples' courses offered by, **Manx Minds**. Each course is delivered as a free-standing module. Please contact **Ali @ Manx Minds**, using the contact details above, for further details.



FEED YOUR MIND

Course Outline

Brief overview of the brain/mind.
What's ruling your mind?
What's affecting your mind?
Mental energy.
What are your 'Mindapples'?
Five ways to wellbeing.



HANDLE PRESSURE

Course Outline

Your mind under pressure.
What is stress?
The purpose of stress.
Impact of stress.
What makes you stressed?
Signs of stress.
Coping with stress.



MASTER MOODS

Course Outline

Moods and emotions.
Mapping your mood.
What affects your moods?
Managing your mood.
Your moods and other people.
Emotional intelligence.
Self-regulation.



GET MOTIVATED

Course Outline

The limits of willpower.
What motivates you?
Three elements of motivation.
What's missing?
Connecting to your values.
Necessity?
Goals and learning.