

Course Title	<i>Managing an Unruly Mind</i>
Overview	Most of us like to think through potential scenarios to be prepared for all eventualities life can throw at us. For some, this process can spiral out of control and instead of careful consideration, boundaries are crossed and overthinking, maybe even catastrophising, become more prevalent. These disabling behaviours take us to places we don't need to go and prevent us from being our most effective selves. Where we fail to pause and recognise this is happening, these ways of thinking can become all-consuming and sometimes paralysing. This course will support participants to recognise where these unhelpful behaviours are taking hold and crucially, how they might get them in check and regain control over an unruly mind, intent on wreaking chaos where there could and should be calm.
Audience	Suitable for all
Capacity	Approximately 12 - 16
Duration	Half-day session
Mode of delivery	Face to face
Learning Outcomes	<p>Delegates will be able to:</p> <ul style="list-style-type: none"> • Identify the types of thinking that can become pervasive and unhelpful, including over-thinking, catastrophising and negativity • Investigate the situations in which these ways of thinking manifest themselves for the individual and whether patterns appear, which the delegate can be alert to in the future • Explore strategies which may be implemented to reduce these unhelpful thoughts and to redress the balance to a more nuanced and accurate approach • Create a personalised plan to transfer the learning acquired, back to the workplace and beyond
Additional Information	Course content and focus can be tailored to individual needs and duration preferred.
Category	Wellbeing