**Mindfield Welcome**

**Introduction**

Mindfield training is based around a “pillars of resilience” model, designed by myself, to explain how an individual may build their own subjective sense of resilience through the development of key psychological skills.

The application for this training is widespread, having delivered training for the Paralympic rowing team, to Police Scotland – including armed response in Glasgow, to Derbyshire Police, to veterans, to body builders and in corporate/banking sector in central London. All of whom have benefitted from its simplicity and relatability to them and their needs.

As a fully accredited psychotherapist, a well experienced resilience coach having worked with top 5% performers across the country, I am very familiar with the process, its application and the needs of people.

Even a simple 2 hour exposure, in which the key skills are discussed has proven enough to challenge a persons thinking, although, for long term sustainable change to be achieved, a long term approach should also be considered.

The group package that I offer, breaks down into 3 different packages.

**1st Package** – a group webinar, in which all participants are exposed to the “pillars of resilience” model and all aspects of it are discussed at length and understood. This is 2 hours long and involves much discussion with the participants to make the training as subjective as possible.

Cost - £200

**2nd Package** – 8 group webinars, based around explaining all aspects of the pillars model, delivered over 8 webinar sessions, that will aim to equip all clients with the full comprehensive knowledge of the pillars, their application and the psychological principles that they are all based upon.

Cost - £800

**3rd Package** – One on one therapy, mentoring and resilience coaching of individual staff members. This is to support them and improve their mental wellbeing, which underpins performance, improves their emotional health and helps them develop positive habits to improve their mental health. This is more of a long-term approach, and would generally be an 8 week process.

Cost - £75 per hour per person

I look forward to hearing from you and how we may be able to push this process forward, please email me on [jameselliottairborne@gmail.com](mailto:jameselliottairborne@gmail.com) to discuss and organise future training.