



The Winning Mindset in COVID 19

Premise

With the advent of COVID 19 being a stark reality in businesses across South Africa, there has been a felt impact on the economy, businesses as well as the personal health of her citizens. While there have been some economic and business stimulus responses on the part of government and private sector, there is, however, a huge gap in the psychological support framework for employees. As infections continue to rise in the different provinces in South Africa, lives are increasingly being lost and livelihoods affected. Consequently, depression, emotional stress and hopelessness are setting in, affecting mindsets, productivity and business.

The brunt of the virus is brutal as more staff are testing positive in the FMCG and general supermarkets space. When a staff member is tested and confirmed positive for COVID 19, the mental/psychological outlook and perception is that it's a death sentence. The cumulative impact on morale and productivity are dire as staff members show up at work but most are not ok and operate from fear and worry.

Programme

The winning Mindset in COVID 19 is a psychological Support, inspirational and transformative programme aimed at bringing perspective to and building the mental wellbeing, morale and confidence of staff.

The Four-part 35-45 minute Talk shop (Combination of a keynote & Workshop) combines Psychology,

neuroscience and inspiration to bring perspective and positive momentum back into the workspace. It helps staff members' scope what's happening and enables them to tap into their internal comeback mechanism to lift morale and confidence. Follow up one on one coaching sessions for staff and management are available upon request.

The Winning Mindset in COVID 19 Psycho support programme for Business is run and presented by well known behavioral change expert, neuroscientist and Master coach, Dr Thando Sibanda.

Topics Presented Weekly:

The programme runs weekly for four weeks. The sessions build on one another but can be separated based on affordability.

Topic 1. The Winning Mindset in COVID 19 - Understanding the Neuroscience of winning.

Topic 2. Inside out - Embracing the critical values to win in times of crisis

Topic 3. Creating a bigger self concept - Building self confidence in times of uncertainty

Topic 4. The Power of one - Self-leadership in times of Change

Time: 35-45 mins Minutes/session

Audience Size: Groups of up to 50

4 part Series cost: R60 000.00

1 Topic Cost: R18 999.00

Modus: In person/Virtual

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