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Mental Fitness and Physical Wellbeing

Build focus, energy, and resilience that last.

This CPD-accredited course helps people strengthen both mental fitness and physical wellbeing as everyday skills, not occasional fixes. It explores how small, consistent actions support clearer thinking, balanced energy, and better performance at work.

Participants learn science-based ways to manage stress, maintain focus, and recover after busy periods. The course helps individuals and teams take practical responsibility for their wellbeing, develop simple habits that work in real settings, and create workplaces where health and performance go hand in hand.

Who's it for

- **HR and wellbeing professionals** leading proactive health and performance strategies
- **Line managers and team leaders** supporting focus, motivation, and balance across teams
- **Employees** wanting practical ways to manage energy and stress during the working day
- **Leaders** embedding wellbeing into culture and daily operations

"Organisations that prioritise employee wellbeing report up to 20 % higher productivity and reduced absenteeism"

Pricing

In-person delivery

- Delivered at your site, up to 12 participants
  Contact us for a quote

E-learning delivery

- From £110 / $220 per user, per course
- Organisation licence available for larger teams

Learning Outcomes

- Understand how mental fitness and physical wellbeing work together to strengthen focus, resilience, and overall performance at work.
- Recognise the science behind stress, recovery, sleep, and energy, and how these influence attention, decision-making, and emotional balance.
- Identify daily habits that improve concentration, reduce fatigue, and promote long-term health across different roles and working environments.
- Apply practical routines that fit into real schedules and can be maintained during busy or high-pressure periods.
- Show the organisational value of wellbeing by linking consistent healthy habits to higher engagement, lower absence, and stronger performance.
- Create a personal wellbeing plan that supports sustained focus, energy, and balance across both work and everyday life.

Course structure: Mental Fitness and Physical Wellbeing

Each module connects everyday habits to focus, energy, and balance. The sessions are grounded in real working life, helping people make small, sustainable changes that last. The aim is to build awareness and ownership so wellbeing becomes part of how people manage their day and support one another.

Module 1: Introduction to Mental Fitness and Physical Wellbeing

Understand what mental fitness and physical wellbeing mean in practice.

This module introduces how mind and body health connect to focus, motivation, and performance. Learners explore workplace trends, reflect on personal habits, and see why wellbeing is a shared responsibility. It sets a clear foundation for building awareness and commitment to healthier working lives.

Module 2: The Science of Mental Fitness

Explore the science behind resilience and performance.

Learners examine how the brain and body respond to stress, rest, and recovery. Topics include focus, fatigue, and the role of sleep and neuroplasticity in sustained clarity and balance. Participants identify how simple daily actions can strengthen mental stamina and emotional control under pressure.

Module 3: Physical Wellbeing Foundations

Build energy and comfort through movement and environment.

This module explains how posture, ergonomics, and activity influence concentration and mood. Learners gain practical ways to reduce sedentary time, improve workspace setup, and add movement breaks into the day. Guidance on hydration and nutrition helps maintain consistent energy and focus.

Module 4: Building Sustainable Wellbeing Habits

Turn awareness into consistent action.

Learners explore how habits form and what makes them last. The module focuses on small, practical steps that fit real work demands, showing how to design simple routines that improve focus and recovery. Participants create clear, achievable plans to strengthen wellbeing immediately.

Module 5: Embedding Wellbeing in Workplace Culture

Make wellbeing part of daily working life.

This final module helps leaders and teams bring the learning together and sustain it. Learners explore how environment, leadership, and team behaviour shape wellbeing. They identify ways to measure impact, maintain visibility, and make health and balance part of “how we work.”

Book Today

Develop emotionally intelligent leaders and teams. Bring Emotional Intelligence training to your workplace with MOS Training.

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Mapped Out Solutions (MOS) specialise in designing practical Management Operating Systems that strengthen leadership, improve stability, and support high-risk, high-demand environments.

Our work blends consultancy, training, and tools that make operational excellence achievable and repeatable.