



MINDBALL



BROCHURE

Play Strong. Think Stronger. Think Stronger, Perform Better.

ABOUT MINDBALL

MindBall delivers practical mindset, mental health and wellbeing workshops that help people build the confidence, resilience and emotional skills needed to navigate pressure, challenge and everyday life.

Through engaging, interactive sessions, participants learn simple, practical tools to manage emotions, maintain focus, respond positively to setbacks and develop healthy habits that support long-term performance and wellbeing. MindBall combines lived experience with practical learning to create safe, supportive environments where individuals can build self-awareness, strengthen communication, improve emotional resilience and develop the mindset to thrive in sport, education, business and everyday life.

Workshops are tailored for **sports organisations, schools, colleges, universities and businesses**, with content designed to meet the needs of each audience while remaining practical, engaging and immediately applicable.

WHY MINDBALL?

- Build confidence and self-belief
- Develop emotional resilience and self-awareness
- Improve focus, decision-making and emotional control
- Manage pressure, setbacks and change positively
- Encourage healthy communication and help-seeking behaviours
- Develop practical habits that support long-term wellbeing and performance

MINDSET WORKSHOP

1 Session – 45–60 Minutes

The **Mindset Workshop** explores how mindset influences performance, behaviour and everyday life. Participants learn practical tools and frameworks to improve confidence, resilience, focus and decision-making while developing strategies to manage pressure, setbacks and challenges. The session provides practical techniques that can be applied immediately in sport, education, the workplace and everyday situations.

MENTAL HEALTH & WELLBEING WORKSHOP

1 Session – 45–60 Minutes

The **Mental Health & Wellbeing Workshop** encourages open conversations around wellbeing, pressure, identity and resilience. Through lived experience and practical learning, participants develop a greater understanding of their thoughts and emotions while learning simple strategies to support positive mental health, build resilience, reduce stigma and feel confident seeking support when needed.

PERFORMANCE PROGRAMMES

Multi-Session Development Programme

MindBall Performance Programmes build upon the foundation workshops by delivering structured sessions over a longer period, allowing participants to develop mindset, emotional resilience, wellbeing and consistent performance behaviours through practical learning, reflection and real-life application.

WORKSHOP PRICING

Please contact MindBall for current pricing and tailored packages. Workshops can be adapted to suit your organisation's objectives and audience.

WHO WE WORK WITH

- Sports Clubs & Academies
- Grassroots Organisations
- Schools & Multi-Academy Trusts
- Colleges & Universities
- Businesses & Corporate Organisations
- Community Programmes & Charities

ENQUIRIES

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