



Mind to ACTION:

Evidence-based Psychological and Behavioural Skills Training from Bonmotus



In today's fast-paced world, success depends on more than just technical skills—it requires the ability to think clearly, adapt quickly, and stay focused under pressure. **Mind to ACTION** is a cutting-edge training program from [Bonmotus](#). Grounded in **Acceptance and Commitment Therapy (ACT)**, it is an [evidence-based](#), proven

training programme that enhances **effectiveness, resilience and decision-making**.

Instead of battling mental barriers, you'll develop practical skills to navigate challenges with confidence, enabling you to **improve focus, performance, make better decisions and do more of the things that matter in work and in life**.

Why Mind to ACTION?

At the core of our training is **psychological flexibility**—the key to **adaptability, juggling competing desires and acting effectively**. Through our evidence-based approach, participants will learn to:

- **Enhance focus and clarity** to support more effective decision-making
- **Relate to stress and worry differently** to sustain performance and well-being
- **Get beyond mental roadblocks** that often compromise effective action
- **Cultivate resilience** to navigate change with confidence
- **Choose values-driven action** that has meaning and purpose



Who is it for?

Mind to ACTION is for anyone who wants to **function** more **effectively** at work and in life.

Mind to ACTION is designed for individuals and teams looking to **optimise performance and improve effective decision making**, including:

- **Business leaders & executives** who need to make clear, strategic decisions under pressure
- **People in performance sport** who want to perform better
- **Organisations** committed to building resilient, high-performing teams
- **Employers** committed to supporting employees to reach their full potential inside and beyond the workplace
- **Professionals in demanding industries** seeking greater mental agility and work-life balance
- **Healthcare providers, educators, and frontline workers** supporting others in challenging environments

How it works

Our training is **engaging, experiential, and immediately applicable**, within the organisation and in everyday life. Delivered by **experienced, qualified, registered mental health professionals** with a proven track record in psychological skills education, we offer:

- **Live interactive workshops** for a memorable and stimulating learning experience
- **Tailored corporate programs** designed for your organisation's unique needs

Turn challenges into competitive advantages

Difficult experiences don't have to slow you down. With **Mind to ACTION** you'll gain the psychological tools to **accommodate complexity, make more effective decisions, and create meaning and purpose** despite the inevitable challenges of life.



Ready to support your team and elevate your performance?

Contact Bonmotus today to learn more!

Email: info@bonmotus.com, call: 07883988669

or visit our website: www.bonmotus.com