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Brain Will Not

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think

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for."—Rachel

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Metlife "Mind
Gym is a

fantastic
resource to help
transform
performance by
changing the way

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feel and behave
at work every
day."-Phillip
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Workout for the
Mind A physical
workout
strengthens the
physical body
but when he
exercise stops
you remember all
the deadlines
you must meet
today and
suddenly the
exhilaration
from the workout

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is replaced by
the stress of
the day ahead.
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provides the
exercise tools
to cope with the
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various states
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you approach

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organise and
motivate people
to achieve more,
better and
faster together
- all while
juggling their
own workloads
alongside
competing
demands. When we
replace a lousy
manager with a

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performance
soars between 13
– 29%.

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which is

demonstrating

the value

created, one of

the things I am

most struck by

is how this

programme is

reinvigorating

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the pride in
being a great
manager. - Nick
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results and high-
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of sparkling and
actionable
insights into
human thinking.

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