

"Is your Mind on Safety?"

A New 7-module online training programme designed to support **any** Behavioural Safety initiative

VIDEO 1

20-minutes

- Introduction
- Content Overview
- Science of the Mind

VIDEO 2

10-minutes

- The Conscious Mind
- Conscious Overload
- 7 +/- 2 (The 'Magic Number')
- Immediate Corrective Action



"Excellent course. Well presented."



"Very useful knowledge to stay safe."



"Fascinating with great information."

VIDEO 3

10-minutes

- The Subconscious Mind
- 'Alpha Sleep'
- Environmental Hypnosis
- 20-Second Scan

VIDEO 4

10-minutes

- Making & breaking Habits
- The 21-day Rule
- Repeat Repeat Repeat

VIDEO 5

10-minutes

- Positive about Safety
- Communication
- Motivation

VIDEO 6

10-minutes

- Time v Risk
- The 'Internal Optimist'
- Promote 'Walking-Over'

VIDEO 7

10-minutes

- The Belief Cycle
- 'Key Messages' summary

- Professionally filmed in our studios using the latest in media video technology
- Short, targeted videos each focusing on a specific topic
- Delivered in an entertaining and memorable style by professional presenters
- Perfect for short inductions, TBT's, staff working from home, contractors & sub-contractors

FULLY MANAGED ONLINE WITH ATTENDANCE RECORDS AND EASY JOINING INSTRUCTIONS

Mind Safety

Established for over 15 years

ISO 9001, 14001 & 45001

FOR FURTHER INFORMATION

CALL 0800 612 4969

Email: info@mindsafety.net

