

equip

work | life | well-being



A 5-week program of 90-minute workshops based on scientific research to help you feel and work at your best.


mindquip™



Introduction

Mindquip courses connect everyday people with insights, practical skills, and effective strategies that help them work better and feel better. This course takes the latest psychological research on how people function at their best and makes it easy to understand and apply to everyday life.

During the last two decades, psychological research has uncovered many insights into how individuals, groups, and organisations function at their best. Evidence shows that applying this knowledge can enhance psychological and social functioning. It can increase well-being, boost resilience, and reduce negative emotions, anxiety, and stress. Moreover, applying this knowledge can improve work as well. It can help to increase performance, energy, creativity, productivity, engagement, and achievement. This course distills some of the most important insights, skills, and strategies into an accessible 5-week course.



"Flourishing individuals are a prerequisite to flourishing organizations."

Kim Cameron

Research shows that the content covered by the Equip course can benefit individuals in many ways. It can help people work better as human beings, which is good for them and good for their businesses too.

Benefits

Benefits to individuals include:

- Greater well-being
- Higher work and life satisfaction
- Lower stress
- Reduced anxiety
- Better mood
- Higher self-esteem
- Improved physical health
- Enhanced motivation
- Improved relationships
- Fewer negative emotions
- Greater psychological flexibility

Benefits to businesses include:

- Greater engagement
- Increased productivity
- Positive work behaviours
- Improved organisational climate
- More resilience
- Less burnout
- More effective leadership
- Less staff turnover
- Greater sales
- Fewer sick days
- Increased innovation

"Working on how to become happier, the research suggests, will not only make a person feel better but will also boost his or her energy, creativity, and immune system, foster better relationships, fuel higher productivity at work, and even lead to a longer life."

Sonja Lyubomirsky

The Course

Packed full of useful content, the Equip course contains five 90-minute sessions. Each one will equip you insights, skills, and strategies that can help you to get the best from yourself, your work, and your life.

1

Well-being, resilience, and strengths

This session lays the groundwork for the remainder of the course. You'll discover the different aspects of well-being and resilience, as well as what influences them. Every person has certain strengths, but not many people know what they are. This session will help you to identify your own strengths and use them to increase your well-being.

2

Attention and mindfulness

Our attention has a powerful influence on how we feel and function. In this session, you'll learn how to use attention to improve your mood, enhance your social relationships, and feel more satisfied with life. Plus, you'll explore what mindfulness is and why it matters for your well-being, and you'll learn how to improve your mindfulness skills.

Did you know?

When managers focus on their employee's psychological strengths, it can improve work performance for the following year by over 20%.

A vertical blue line runs down the left side of the page, featuring three light gray circles of varying sizes. The largest circle is at the top, containing the number 3. Below it is a smaller circle, and at the bottom is another circle of the same size as the one above it, containing the number 5. The number 4 is located in a circle between the two smaller circles.

3

Mindset, optimism, and adversity

What we assume about the world, how we understand it, and what we expect from it really matter. This session will help you think in more adaptive ways about your past, your future, and yourself. You'll learn skills to deal with challenges, adversity, and even negative events in more positive ways. These skills will help to strengthen your well-being and make you more resilient.

4

Achievement, motivation, and flow

Our goals and motivation play important roles in our well-being. In this session, you'll learn how to feel more motivated and deal more constructively with setbacks. You'll gain skills and insights that will increase your well-being and help you to achieve goals you care about. You'll also learn how to make your activities more engaging and enjoyable.

5

Success, hope, and lasting change

In this session, you'll learn the ingredients of long-term success and hope. You'll also learn effective strategies to put the course skills into practice. These strategies will help you to start or stop your behaviours without relying only on will-power. You'll develop your own step-by-step plan to achieve and maintain a personal change of your choice.

What People are Saying

We asked people who attended Mindquip training for their comments. Here's a taste of what they've said about the sessions:



"Great presentation,
good slides, interactive.
Nothing I would change.
Thanks."

Max Andersen



"Opened my mind to
think openly about my
well-being."

Lauren Dayler



"Excellent, short &
sweet - straight to the
point. Interesting & great
to have some 'take-
aways'."

Diane Schenk



"Very well described,
great tools and easy to
remember."

Nick Emery



"This was an
excellent presentation
focusing on the positive,
reinforcing strengths, and
not avoiding the negative."

Penny Houlce



83%

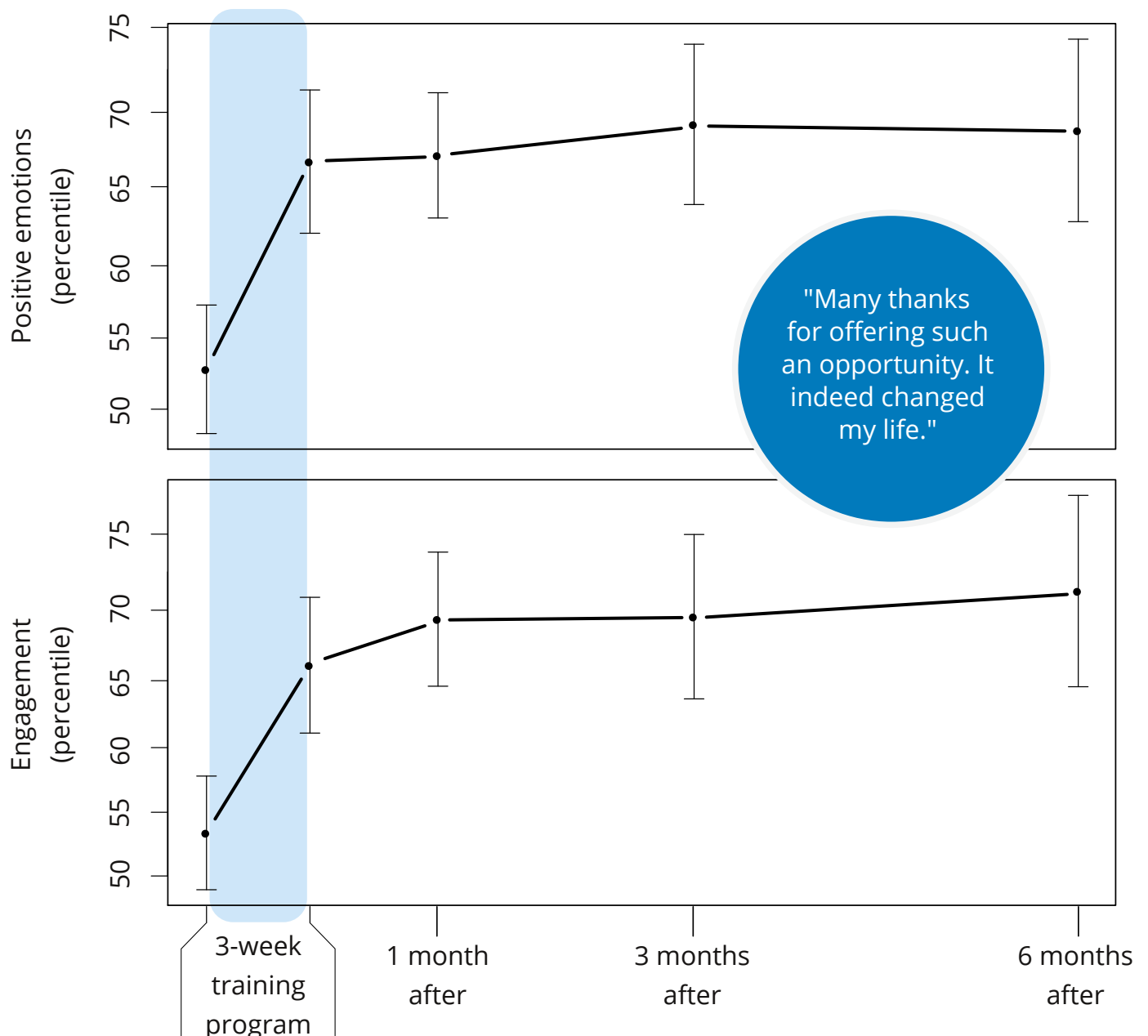
of people who attended
Mindquip training thought it
was 'very valuable' or
'extremely valuable' for
themselves or people
they know



Evidence from Research

Scientific studies show that the kind of training the course provides can significantly improve well-being. These are some of the results from a smaller 3-week program that required about 90 minutes each week to complete. It was designed and run by Mindquip founder, Reuben Rusk, and based on the 7D Framework.

Levels of positive emotion and engagement (psychological flow) increased significantly from baseline levels, and those benefits were sustained and even extended after the program ended. The graphs below show the averaged results (and 95% confidence intervals) for everyone who completed the program.



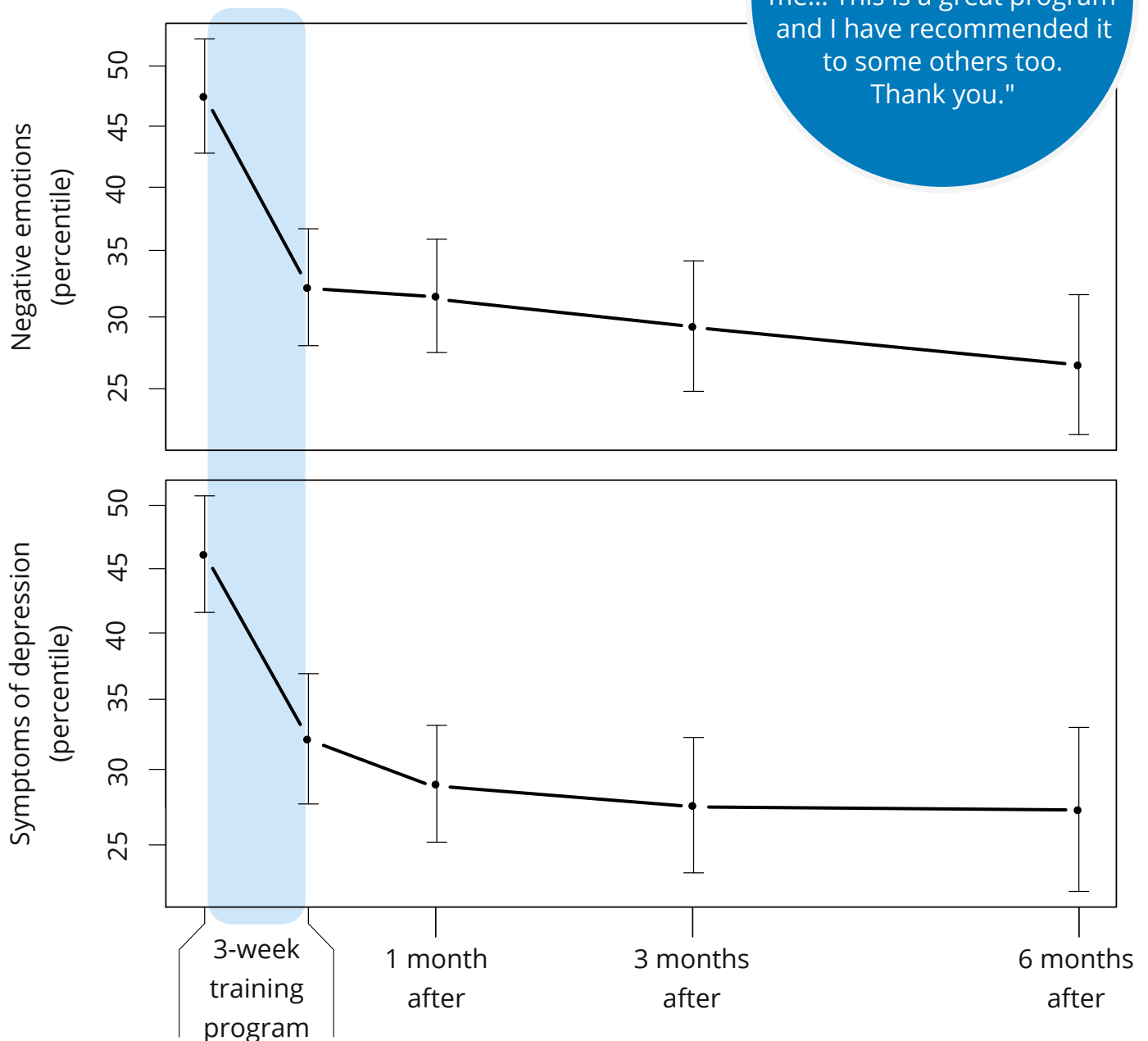
"I just want to let you know that in the past few weeks this experiment has truly impacted my life. ... thank you!"

"Thank you for an amazing experience. I'm going to continue these exercises as they have been a positive influence in my life."

"I just wanted to say that this has been a great experience, I've started to feel more comfortable at work and... I also feel confident. This has been a great journey filled with thoughts, feelings, awareness, appreciation... Thank you!"

"I am (pleasantly) shocked at the effect [the activities] have made to me... This is a great program and I have recommended it to some others too. Thank you."

The program was designed to build positive capacities, yet it also significantly reduced the levels of negative emotion and symptoms of depression. These benefits again lasted well beyond the end of the program. The graphs below show the averaged results for everyone who completed the program.



The 7D Framework

To ensure Mindquip training is beneficial as it can be, we use a comprehensive scientific framework of seven domains developed by Mindquip founder, Reuben Rusk. Each domain contains strategies and skills with proven links to well-being. People feel and work at their best when they use strategies and skills from all of the seven domains.



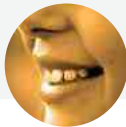
Attentional

Our attention filters everything we notice and think about and shapes our well-being.



Cognitive

How we think about things is a vital part of how we function, and some ways of thinking are better than others.



Emotional

Our emotions profoundly influence our well-being and have far-reaching effects on our thoughts and behaviour.



Motivational

When we understand what motivates us and what benefits our well-being, we can harness our motivational system.



Relational

Our social relationships and interactions with others have a powerful influence on our well-being.



Physiological

Our physical health underpins everything else about how we function and it plays an important role in well-being.



Environmental

The physical world around us shapes how we function, and we can use it to increase our well-being.

When it comes to well-being, expertise matters. With so many ideas out there, it's important to know what's supported by research, while also having a comprehensive view of what influences well-being. You can attend the course knowing it's designed and instructed by a recognised expert in the field.

About the Instructor

Reuben Rusk, PhD



Teaching people to improve their lives and well-being is Reuben's passion. That's why he founded Mindquip. His mission is to communicate helpful, scientifically sound insights in a pragmatic, no-nonsense, and accessible way. Coming from a previous career as a professional engineer, he can understand and explain how well-being works in ways that make sense using down-to-earth language.

Reuben is an internationally experienced presenter and recognised expert in well-being. He earned his PhD in the field at the University of Melbourne. He has published in the *Journal of Positive Psychology*, the *Psychology of Well-Being*, and the *Journal of Happiness Studies*. He is also a reviewer for the *Journal of Positive Psychology*. Reuben's research has been presented at conferences in New Zealand, Australia, and the US. He has lectured on well-being at the University of Melbourne. He has worked with Queens College in Australia to develop and instruct an 8-week course in well-being. Findings from his research have been applied internationally. He has also worked with educational institutions including Hamilton and Alexandra College and Avonmore Tertiary Institute.

He is an Honorary Fellow of the Centre for Positive Psychology at the University of Melbourne and has been a member of the New Zealand Association of Positive Psychology since 2009. He also works with psychologists in the field of positive psychology within New Zealand.



Frequently Asked Questions

Here you can find out more about what the sessions involve, and whether the course is right for you.

What will each session involve?

The course is group-based. You'll learn the content through a combination of presentation, discussion, and exercises that will help you apply the concepts to your own situation.

Do I need to bring anything?

Yes. For some topics, you'll need to bring a pen, some paper, and something firm to write on (not all venues have tables). We'll provide you with notes electronically.

Will I have to practice any of the skills at home?

Increasing well-being does take some practice. You'll get some optional exercises to practice at home that take only a few minutes so that you can get the most from the course.

Things are going OK for me. Can this course still benefit me?

Yes. The course focuses on building positive capacities, and you can always develop them further. So, the course can be beneficial for you whatever your current level of well-being.

If I feel depressed, is this course for me?

Depression can be successfully treated. However, this course is not a substitute for psychological treatment, and that's your best option. We'd recommend you get in touch with your GP or a registered clinical psychologist (you can find one near you at www.nzccp.co.nz).