



mastering
mindsets

MINDSET CHANGES EVERYTHING



We enable you to have resourceful,
agile and resilient people, managers
and leaders fit for the future.



Introduction



At Mastering Mindsets our belief is that everything starts and ends with mindset.

We work with you to achieve Healthy High Performance - setting you and your people up for success and ensuring the new behaviours, skills and tools developed are sustained.

Your Thinking and Building Partners - We put you and your needs at the forefront, taking time to understand your company values, language and culture so the programmes we co-create resonate with your people and builds on your success. We have a comprehensive range of tools and techniques which we adapt as you, or your organisation, evolves

Our programmes are anchored in wellbeing and resilience, so high performance is coupled with an agile approach to challenges, motivation, and energy.

We are action and results orientated so the impact of the work we do together can be measured, observed and is truly relevant in your workplace.

We are energetic, personable, professional, curious and caring.

**CHANGING MINDSETS
CHANGES OUTCOMES**

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Why work with us?

Because you are a learning and development Leader, a Team or an Organisation that:

Wants to know their **strengths and preferences** and stand out by maximising them for best effect.

Brings **Advanced Management skills** into practice in Leadership.

Wants to **identify and remove obstacles** preventing employees from getting progressive results.

Wants to know, create and maintain **Healthy High Performance**.

Wants to create the **culture, capabilities and behaviours** that deliver powerful relationships and results.

Wants to create **impact** and **prevent stressful interactions**.

Wants to establish and maintain **mental robustness, agility and resilience** (fitness).



Ella and Jo are seen as part of the KF team working with us to understand and support both our current and future needs. They have built a programme that not only is well received, shouted about and valued by delegates, but by the business leaders themselves.

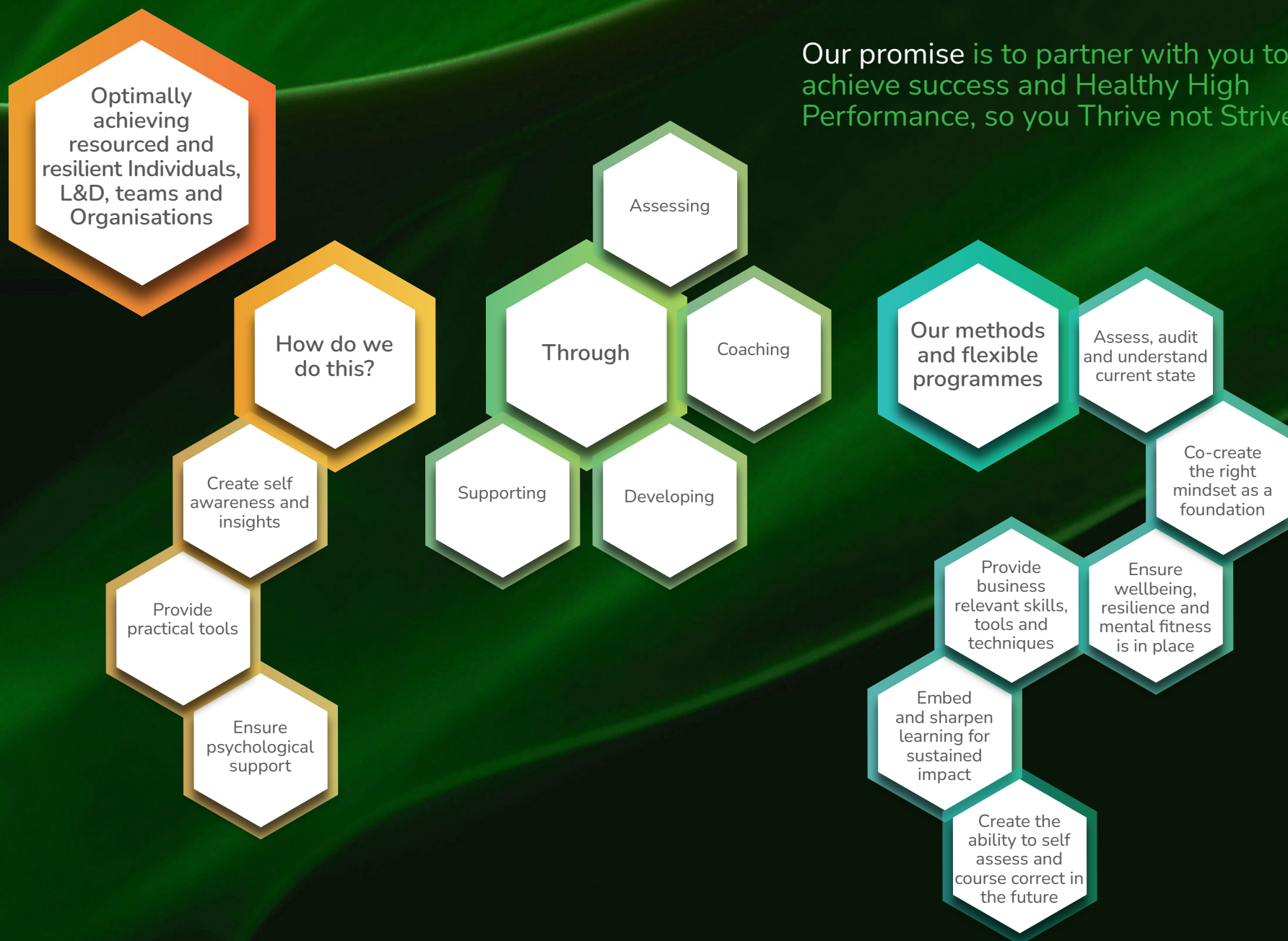
Peter Clark-Lewis,
Head of Learning & Development, Human Resources, Knight Frank



An exceptionally positive experience! Their flexibility in tailoring the course to align with the needs of our research fellows has been very impressive. Every participant has been positive about Lucy and Ella's ability to connect with them on a personal level and deliver the course in an interesting and engaging manner.

Reckitt Global Hygiene Institute

Our promise is to partner with you to achieve success and Healthy High Performance, so you Thrive not Strive.



We Assess

Self-awareness is the foundation to mastering your mindset; So that is where we start.

We help individuals see their strengths and preferences and stand out by maximising them for best effect. We enable self insights to remove patterns that are holding people back. By knowing yourself better, you gain insight. You 'see' yourself differently and an invitation to change opens up.

Choosing from the range of diagnostics and tools we can provide, and building on your existing assessment tools if appropriate; we observe and help diagnose what is working and what isn't. The first step towards the performance, culture, behaviours and results you desire.





We Develop Leaders

We offer development programmes based on a clear understanding of what our clients need and tailor them to fit the time available, be that from 1 hour modules, to several full day workshops.

We partner with you to create agile, self-aware, resilient individuals with improved self and team leadership capabilities, able to have new ways to tackle challenges and set up sustainable future success.

We offer clients a completely Bespoke Programme created from a range of items, modules and tools.

"Thoroughly enjoyed the process, thank you Ella Jaczynska PCC and Joanna Tippins, particularly for the 121 sessions. I feel a better leader, agent, mentor and frankly, person, for going on this journey with you."

Christopher Burton FNAEA
Partner, Office Head, Mental Health Champion
& ESG Ambassador at Knight Frank.

Companies are investing to build the leadership skills and capabilities needed to survive and thrive in economically, socially, and politically volatile times.

What Leaders say and do makes a 70% difference as to whether individuals feel included.

Harvard Business Review

Bespoke Modular Solutions

We use a modular, experiential, blended learning approach:



Examples of Workshop Modules

We have a library of modules from which a programme can be created for you.
Or we can create completely new material as needed.





Building an Internal Coaching Capability Programme

Teaching Leaders how to use a Coaching style with impact

For a group of individual leaders (max 18)



Modules cover:

What?
Why?
When?
Who?
Where?

Mastering the
3 key skills
of coaching
approach

The Coaching
Approach
process (with
practice,
observation and
feedback)

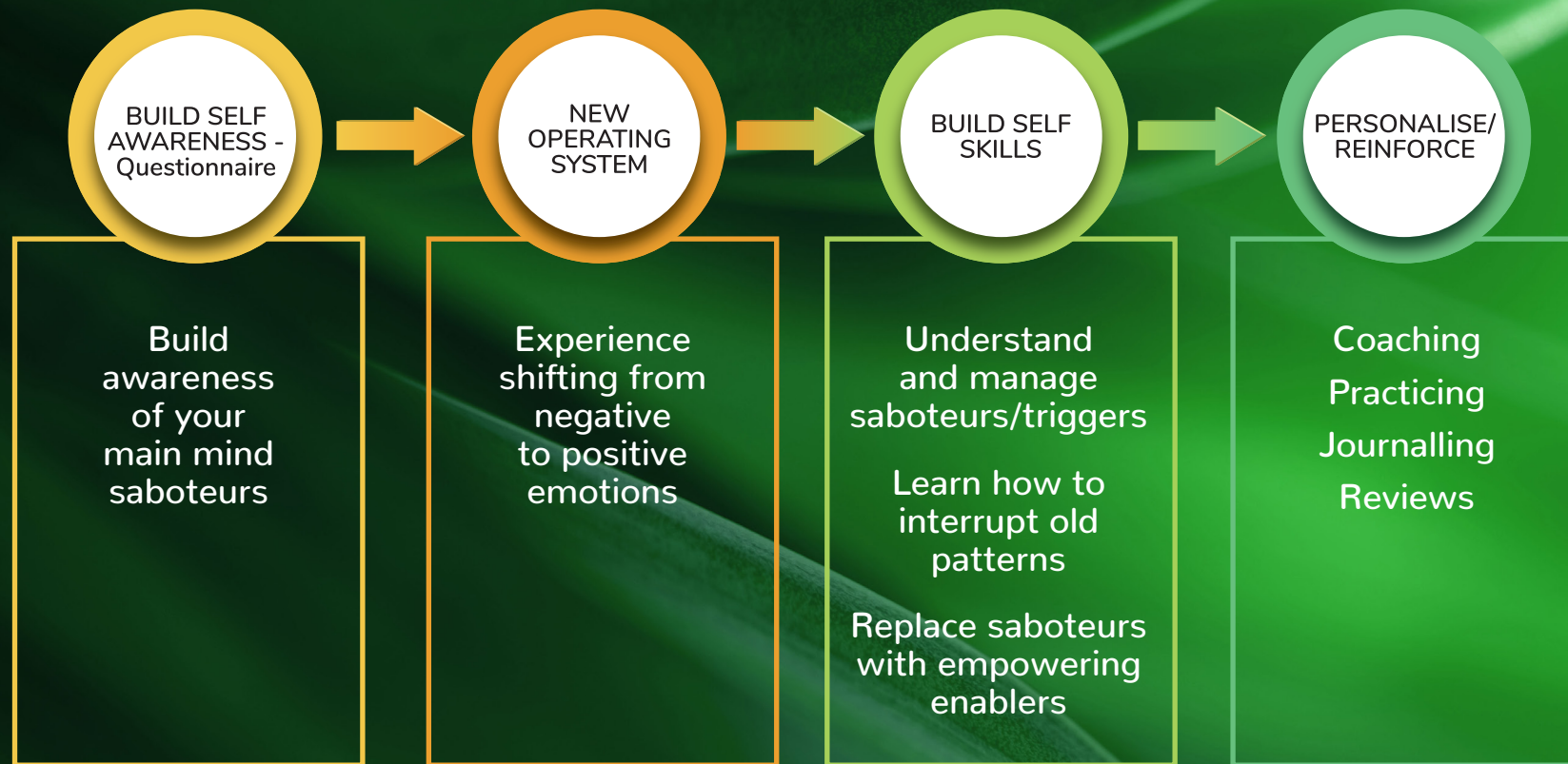
The Coaching
Mindset

Overcoming
barriers to
coaching
conversations



Mastering Mental Fitness - overview

An individual or group programme to create mentally fit leaders and managers fit for your future.





24/7 Personalised Resources Support

Mastery Knowledge Hub

Often there is a need for extra support and resources for you between coaching sessions.

Our programmes include access to our online resource – the Mastery Knowledge Hub.

This provides a curated range of tools, guidance and support to help you on your development journey, whenever you need it, wherever you are in the world.

The Hub is regularly updated by our associates to ensure it is always relevant to your needs and current themes in business, leadership and self-development.

We also offer the creation of **bespoke Personalised Hub pages** for you, for specific coaching programmes. The content is tailored to be very specific to the area you wish to focus on.



What's in it for you?

Expectations at the end of our programmes.

For Participants

- Increased self-awareness and self-confidence
- Increased Emotional Intelligence
- Increased resilience and workplace wellbeing
- Clarity on Personal Leadership Brand and consistently living it
- Own tool kit of techniques, skills and behaviours to be their Best
- New ways to tackle challenges and set up future success
- How to prevent skills being sabotaged
- Feel less frustrated
- Enjoy self mastery
- Remove the imposter in the room
- Manage how your perceptions and mindset shape reality
- Experience Healthy High Performance

For Organisations

- Learnings that impact Matrix Team, Line Team and Self Leadership
- Agile, more resilient employees with improved self and team leadership capabilities
- Theoretical learnings put into practice for benefit of the business
- More crucial conversations happening
- More agile, creative thinkers and problem solvers
- Faster decision making
- Improved working relationships
- Clarity of a career pathway
- A removal of team progression prevention
- The ability to manage conflict healthily
- Use effective leadership and manage change
- Celebrate success and accept failure
- Create workplace wellbeing and resilience

Our people

We are a small group of Progression Partners – people-centric, impactful, experienced coaches and leadership developers with decades of significant experience managing and leading in large corporations. Between us, we have breadth and depth in areas including coaching, leadership, management development, organisational design, capability building, effectiveness, HR, talent management, change management, business strategy, workplace health, resilience and wellbeing, healthy high performance and communicating with impact.

Progression Partners



Ella Jaczynska

Founder, Managing Director
& Progression Partner



Irene Poku

Associate & Progression Partner



Lucy James

Associate & Progression Partner



Michael Pagnotta

Associate & Progression Partner



Jo Tippins

Associate & Progression Partner



Corporate Health & Wellbeing Coach

Sarah Stannard

Associate & Progression Partner

Find out more about us by taking a look at our bios: masteringmindsets.co.uk/about-us



We also provide **Transformational Coaching services.**

If you would like more information about our various coaching packages and programmes, please contact us for a copy of our coaching brochure.

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Mastering Mindset is part of Krysalis Coaching Ltd, a registered company in England and Wales under company number 9818581.

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