



MENTAL SPINACH WORKSHOPS

REFLECT, CONNECT AND PLAN.



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Stop the rush. Slow down. Let's play cards. Mental Spinach workshops are interactive and informal. They create a rare opportunity for reflection, connection and planning – collaboratively and strategically.

In either our 90-minute blast or our half-day feast, we help you put something that's really important to you under the microscope – in fact a microscope with Four Lenses:

- the Identity Lens so you're not "flying blind",
- the Opportunity Lens so you're generating more "luck",
- the Impact Lens so you're working smarter not harder;
- the Sustainability Lens to set yourself up for success.

The chosen thing that's really important to you may be a project (collective or individual) or building a business. Or it may be a life decision or transition. Whatever it is, a Mental Spinach workshop will guide you through a card game that will help you think laterally and creatively about the best way forward.

WHAT'S SPECIAL ABOUT THESE WORKSHOPS?



The workshops are dynamic and interactive thanks to the Mental Spinach card game. As you move through each round of cards you'll gain new insights and clarity on what's really going on with your project and identify your best moves going forward. You'll leave with a different perspective on your most precious resources and at the conclusion of the workshop you'll have committed to an action plan. That action plan may be collective or individual depending on the original objectives.

What do you come away with?

- Understanding the Mental Spinach framework and related tools (valuable for both self-development and wellbeing);
- greater connection and collaboration with others present;
- a clearer path forward on your important project, decision or transition; and
- a complimentary copy of Mental Spinach.

WORKSHOP FORMATS

Mental Spinach Blast

(90 minutes plus optional social/networking time)

Welcome to speed reflection and collaboration. This fun session is a great way to get everyone thinking, engaging and opening up – from long-standing colleagues to relative strangers. At the same time each participant creates their own action plan.

How many participants? 10-40 people

Who? Any team or group seeking development and promoting connection and collaboration. It could be a team just from your organisation, perhaps your leadership team or a group of younger leaders or high-potential specialists. Or this could be a fun, value-added way to get to know your clients better.

Mental Spinach Feast

(Half day to full day)

Do you have more time and more to tackle? The Mental Spinach Feast allows the group longer to engage and really get stuck into questions around how to grow and how to navigate big decisions. This is the perfect team-building opportunity. These sessions incorporate everything you get in the Mental Spinach Blast, but the extra time enables greater customisation and a deeper dive into key opportunities relevant to your organisation. It also gives more space for learning from the collective wisdom in the room.

How many participants? 10-20 people

Who? Any team where there are a number of joint goals which would benefit from brainstorming and collaboration. Or any group where the participants have individual but relatively similar goals.

WHAT'S THE EXPERIENCE LIKE?

"Jess and Ian presented Mental Spinach to KordaMentha Accelerate business development team and a select number of our clients. It was an interactive and personalised seminar, with each attendee encouraged to prepare a personal challenge or question to work through on the night using the techniques and concepts discussed in Mental Spinach.

Jess and Ian present the concepts in a practical way that is open, inviting and encourages significant introspection. Our clients and the KordaMentha team provided great positive feedback on the event and we intend to hold another seminar in the future."

Andrew Hudson, KordaMentha



KEY TOPICS INCLUDE:

- The Mental Spinach Four Lenses framework
- The opportunity pipeline
- Dimensions of opportunity and opportunity loss
- Compounding rewards from virtuous cycles
- The recurrent impacts of habits, mindsets and organisational culture
- Return for risk
- Exploring your time, energy and attention as finite daily currencies
- Expectation gaps and unwarranted perfectionism
- Collaboration and reciprocity
- Sustainability and concepts of self-care

WHO ARE THESE WORKSHOPS FOR?

- Teams in organisations
- Young professionals and tertiary students
- Professional groups
- Health/wellbeing groups

COST

For not-for-profit organisations (NFPs) – Nil.

For for-profit organisations – a donation to an agreed charity focused on the development of marginalised young people – for 90 minutes \$2,500, half-day \$5,000 and full-day \$8,000.

Some of the charities we have supported to date include:

WHO ARE THE FACILITATORS?

Jess and Ian, father and daughter, have been collaborating on this work for several years.

Jess Pollard is a career development coach and professional musician. She facilitates career workshops for young adults and emerging artists and holds a Masters of Education in Career Development.



Ian Pollard brings to this partnership a wealth of experience in business having been chairman, director or CEO of over 30 companies and having coached CEOs of major businesses for the past 20 years. He is an Adjunct Professor at the UTS School of Business and a Rhodes Scholar.

BOOK A WORKSHOP

To book a session for your organisation or team contact:

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