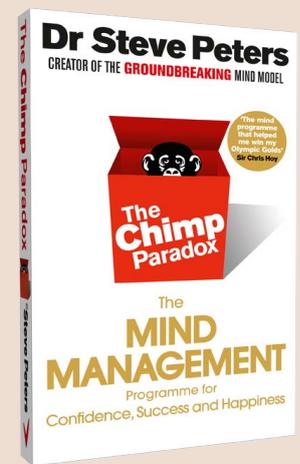




# Chimp Management

Psychological skills mentoring

## Improving performance and quality of life for staff and students



## Putting neuroscience into practice:

A powerful approach to help leaders get the best out of themselves and others by understanding the mind and developing emotional skill.

# EDUCATION

### What we do

The complex and constantly evolving nature of education, demands that school leaders have the awareness, capacity and skill to meet new challenges, to do more with less, and to effect change to meet the expectation of continually improving educational outcomes.

At Chimp Management, from our experience in **medicine, business, education** and **Olympic sport**, we help school leaders to lay the foundations for both success and quality of life, through a neuro-scientific approach. In practical terms, we help leaders to gain insight into how the mind works through a simple working model, and how to apply this knowledge through the development of emotional skill to optimise the whole school performance.

### Measurable outcomes

Individuals want to see evidence of the impact of a programme for personal or professional development, hence we establish our mentoring and education programmes around clear and measurable outcomes that can be audited. Successful outcomes of this programme include:

- Emotional robustness
- Solution based thinking
- Reduced conflict
- Effective communication
- Harmonious, creative and powerful team work
- Creating environments that optimise team and individual performance
- Improved quality of life and well-being
- Contentment and feeling rewarded at work
- Increased confidence with higher self-esteem

From the Olympic Podium into the Classroom

An opportunity to learn how to optimise whole school performance, through the powerful mind management model that has helped support the success of British Cycling Teams and other Team GB sports.

*Working with Chimp Management has been challenging, exciting and, above all, rewarding. We believe our standards of teaching and learning are rising, and staff are happier in their jobs.*

**John McNally**  
Principal, Shelley College



**Chimp Management**

A practical programme to optimise the performance of individuals, teams and organisations in education



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## Mind Management Foundation Programme for School Leaders

The intention of this programme is to provide school leaders with a solid foundation for the development of insight and emotional skill through 4 interactive whole-day workshops. Within the programme participants are encouraged to audit current knowledge and skill levels across the 4 key areas, and continually measure and reassess progress made during workshops and through 'Development Time' activities between workshops.

### Workshop 1: Understanding Self and Emotions

How is our brain structured and how does it function? We introduce our powerful approach, The Chimp Model, in a very practical way.

Key learning objectives include:

- Understanding how we make decisions
- Learning how to recognise and manage unwanted emotions and evoked responses
- Differentiating between emotional and logical thinking
- Establishing and living by chosen values

### Workshop 2: Understanding and Relating to Others

How we can help others to operate at their best? This workshop explores the effects that we have on others and how to maximise the positive aspects of these effects. Key learning objectives include:

- Understanding how other people think
- Learning how to get the best out of others
- Developing cohesive teams and productive leadership
- Managing expectations and understanding your own impact on others

### Workshop 3: Communicating Effectively

How we can get more from our relationships through communicating effectively and establishing constructive interactions? Key learning objectives include:

- Understanding and implementing the basis for effective communication
- Managing difficult conversations
- Preparing for significant conversations and meetings
- Mediating, negotiating and managing conflict

### Workshop 4: Living in the Real World

How do we optimise the environment in which the individual is living and working? We will look at values, philosophies, protocols and settings that can enhance performance. Key learning objectives include:

- Recognising and reducing potential stress points, and when stress is occurring
- Creating the right environment for you and others
- Dealing effectively with the demands of an ever changing landscape in education
- Managing change and dealing with uncertainty

### What next?

- If you are interested in exploring the Mind Management Programme for School Leaders please contact Bev@chimpmanagement.com to arrange an initial discussion with one of our team.
- We are able to bring this workshop programme to your organisation, and are happy to work with schools to find new ways of spreading costs by working in collaboration with other schools within local authority or academy clusters.