

Agenda

- Introductions by James Scoltock Editor, MotorPro Magazine
- Challenges we face with our mental health during lockdown
- How to get over your mental health hurdles
- Tips & Tricks to help you stay motivated
- Q&A
- Finish



Panellists



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Challenges we face with our mental health during lockdown

- Uncertainty
- Media information overload
- Change and adapting to change





How to get over your mental health hurdles

- Attribution theory
- Exercising and maintaining a healthy lifestyle
- FOCUS Feel, Observe, Control, Use & Succeed
- Framing techniques
- Mindfulness
- Keep communicating





Find what motivates you

- Intrinsic vs extrinsic motivation
- Goal setting = 3 types
 - Outcome = results you want
 - Process = behaviours you want to use
 - Performance = standards you want that make the difference
- Performance + Process = Overall Outcome.
- all goals, whether outcome, process, or performance goals, need to be <u>SMART: Specific, Measurable, Attainable, Relevant, and Time-bound</u>.



Tips & Tricks to stay motivated

- Focus on what you want to achieve during this time
- Keep to a time table
- Learn a new skill or take up a new hobby





Useful links

IMI COVID-19 Hub

www.theimi.org.uk/landing/covid-19/

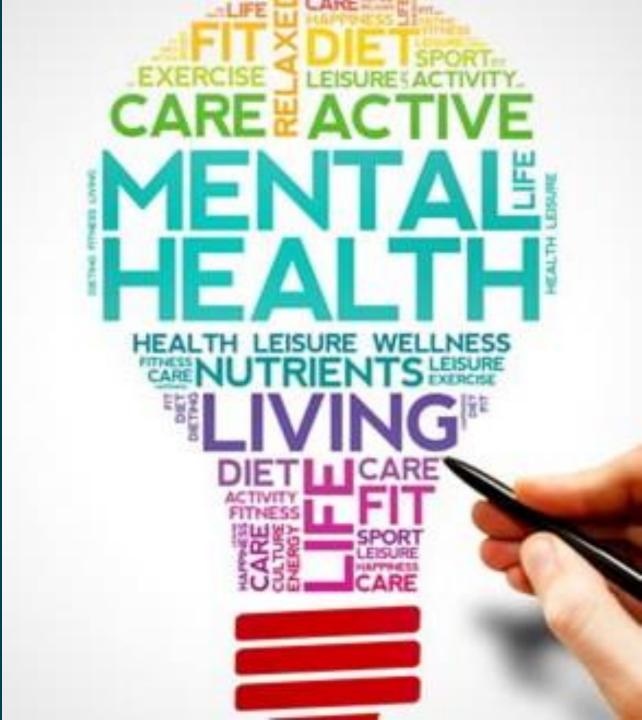
Ben

https://ben.org.uk/

Mind

www.mind.org.uk/





Special thanks to our Panellists





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Thank you for joining us.

