

Executive Resilience Coaching Programme

Matthew Radley & Associates are very proud to launch our new Executive Resilience Coaching Programme. This programme has been designed by Executive Coaches who specialise in the area of Resilience, Dietitians, Nutritionists, and Mindfulness Practitioners who have all come together to create this highly impactful Executive Resilience Coaching Programme.



Matthew Radley & Associates
Executive Coaching Consultancy
We coach - you lead with confidence

“We are at our very best when we have an optimum balance of mental and physical wellness. By coaching the whole-person we are able to positively impact on the strength of your resilience, and your ability to cope and adapt with the pressures you face; giving you more energy, focus, confidence and mental toughness.”

“Resilience is something that you can develop and learn; it is not a fixed state or personality preference. If you want to be proactive and have the edge over your physical and mental health, this is the Executive Coaching programme for you!”

*“Leaders with greater resilience are able to create a more positive mindset, able to cope better, communicate better, understand others emotions, be more empathetic, lead from the heart not the head, and have a stronger and longer lasting sense of purpose. **By creating these behaviours at the top, a culture of resilience driven by purpose and action will become the norm.**”*

Matthew Radley & Associates

What is resilience?

“The rapidity at which you recover from adversity”

Daniel Goleman

Resilience is not a personality trait or set of attributes. It is a skill set that can be learnt. What makes one person more resilient than another is their outlook and mindset. They are not necessarily experiencing any less stress than others, but their ability to think about it and respond in a considered and fast way, is what gives them the strength and stamina to continue to succeed in the long-term.

What about stress?

“Demands exceed the personal and social resources the individual is able to mobilize.”

Richard S. Lazarus (author)

If you feel stressed you are not alone!

“The Mental Health Foundation found that 74% of UK adults have felt so stressed at some point in the last year, that they felt overwhelmed or unable to cope.”

The Mental Health Foundation 2018

The impact of chronic stress is magnified beyond just ourselves, there is also now emerging evidence around the impact of long-term chronic stress and how it effects our genes and therefore our children and our children’s children, leading to **multi genetic re-programming across multiple generations**

- Even for a highly driven individual or team the pace can seem relentless. What ‘reserves’ do you or your team have to keep going for longer?
- As a Leader you must be committed to the development and well-being of your team; you know that to get more out, you’ve got to put more in. How much more could your team achieve through investing in their resilience?

If either of these questions strike a chord with you, [investing in strengthening your resilience and your capacity to cope with stress by building your mental toughness](#), could be one of the most important investments you make this year. Implementing preventative strategies to manage stress is an invaluable investment in yourself and your teams.

Your programme

Burnout was “officially classified as an occupational phenomenon”, by the World Health Organisation in May 2019.

We believe that the need to support Executives and Leaders before they experience serious stress related health problems is vital to their success and their ability to operate at the next level, with a heightened strength in mind and body.

The MRA Executive Resilience Coaching programme has been designed around our **Wheel of Resilience** diagnostic, which provides a whole-person focus and measure of *your resilience, mental toughness, confidence and perseverance*.

We believe there are **five key principles** to strengthening your resilience:

- 1. Self-Awareness:** The fundamental starting block for any coaching programme.
- 2. Physical Wellness:** Looking at the mind – body connection and how your gut health effects your mental health.
- 3. Mental Wellness:** Neuroplasticity – by changing how we think and practising new thinking habits you can re-wire your brain to create a more mindful mind, with greater attention, focus and clarity.
- 4. Thriving:** Exploring how are you at your best, not just surviving.
- 5. Meaningful Relationships:** A look at how well supported you are at a personal, local and global level.



The programme consists of **six one to one sessions** with one of our Executive Coaches and includes one session with our expert Dietitian. Constant evaluation and review throughout the programme, using feedback and data from the diagnostic, means we can *work in an emergent way to maximise learning and impact*.

You are what you eat

The role of nutrition in mental wellness is critical! Your energy, mood and brain function can all be affected when your diet is lacking in nutrient rich foods. Certain vitamins, minerals, essential fats and the health of your gut bacteria can all affect how well you manage stress and how happy you feel overall. Many chronic diseases are also linked with poor nutrition such as heart disease, diabetes, hypertension and certain cancers.

As part of this programme, we include a unique opportunity to **partner with a highly experienced Dietitian**, who will provide a comprehensive review of your body composition, your nutrient intake, and the relationship between your gut health and your brain. They will then suggest the dietary changes that are necessary for you to improve your health – whether this be mental wellness, immune, thyroid, heart or bone health

The gut – brain axis:

Your gut is now considered to be your second brain, and therefore we must focus on this during your Executive Resilience Coaching programme. Did you know your gut has a surface area 30 x larger than that of your skin? 70% of your immune cells live along your intestine and 80% of the nerve fibres in your gut are communicating signals from the gut to the brain.



Ability of the brain to influence the health of the gut and the microbes that live there.

Ability of the microbes in the gut to influence the brain, mood, stress response, behaviour and promote a healthy immune system.

Your mindful mind

In today's "always-on" culture, our attention is constantly bombarded and interrupted with cues that trigger our stress response. Our phones, endless reminders, social-media, multiple email in-boxes etc., which are designed to supposedly help us manage our lives more efficiently, add to the sense of always being connected. We may not notice this day-to-day, but it can build-up and cause us to feel overwhelmed and to struggle with attention fatigue. *We can become mentally exhausted or stuck in the chronic stress cycle if we do not place a value on finding ways to switch off from always 'doing'.*

“50% of the time we are thinking about something other than what we are doing and this is not making us happy!”

Harvard psychologists Matthew A. Killingsworth and Daniel T. Gilbert, The Harvard Gazette

You will be asked to complete a 30-day Mindfulness Challenge. There is a large body of research demonstrating the benefits of this. Daniel Goleman, a thought leader on mindfulness, talks about “paying attention to your attention”. Learning to stabilise your attention through the practice of mindfulness can bring more clarity, focus, depth, detail and concentration

Why choose Matthew Radley & Associates?

At Matthew Radley and Associates we are constantly innovating and providing a relentless focus on raising the standards in the professional coaching industry. We deliver highly accredited programmes, by expert Executive Coaches and specialist partners who have to meet high standard of qualifications, CPD and Supervision, and are bound by a strict code of ethics by our accrediting bodies, the ICF and EMCC. Our programmes are underpinned by our research and knowledge into evidence-based results.

The recent recognition of our other Executive Coaching programmes, which have been awarded the European Quality Award by the European Mentoring and Coaching Council (EMCC), confirms this.

“Our Professional Coaches can personally endorse this programme as they have completed the Wheel of Resilience, had their consultation with the Dietitian and made sustainable changes to their nutritional intake. They have also completed the mindfulness challenge and maintain regular practice. As a result, they consistently report an increase in their overall levels of resilience, mental and physical energy levels, clarity of thought and ability to manage stress better.”

This programme has been designed and is delivered in partnership with Matthew Radley & Associates Limited.

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