



Kapow Coaching Mental Fitness

Mental Fitness Services
eLearning Platform



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“Inspiring small radical changes, one conversation at a time.”

People often wonder if the name ‘**Kapow Coaching**’ comes from the world of superheroes. In fact, it’s from the home of sequins and sparkles, a Salsa dance step that is used by your partner after they’ve done their shine (*in other words, showing-off a bit!*).

Literally meaning ‘**I’m ready**’ – Kapow Coaching works with individuals, teams and organisations who are ‘ready’ to be inspired, to learn, and be willing to stretch their thinking to become better versions of themselves.

Kapow Coaching was formed by Kate Flory in 2002 focusing on three areas of development:

Coaching | Leadership |
Mental Fitness





At Kapow Coaching, we help leaders, HR professionals, and organisations unlock growth and performance through coaching and training that creates lasting impact. Whether you're looking to develop individual confidence, strengthen team collaboration, or build organisational resilience, we bring the tools and expertise to make it happen.

Our services range from one-to-one coaching and team programmes to interactive workshops and eLearning — all designed to spark those “lightbulb moments” of insight and change.

With a UK-wide team of certified coaches and mental fitness specialists, we match the right expertise to your needs. And because we're passionate about making a difference, you'll find our approach both supportive and solution-focused, with plenty of creativity along the way.

If your organisation is ready to unleash its potential, let's start the conversation.



Mental Fitness

Bitesize Training | PQ Pods | Foundations of Resilience



BITESIZE MENTAL FITNESS TRAINING

Flexible, impactful mental fitness training that boosts wellbeing and productivity

With 1 in 14 people experiencing daily stress, organisations are increasingly focused on its effect on individuals, teams, and overall performance. Our bite-sized mental fitness sessions provide practical tools and techniques to improve wellbeing, morale, and resilience.

We offer both tried-and-tested themes and bespoke sessions tailored to your organisation's needs, delivered online or in person.

Some of our popular 15, 30, 60 and 90-minute online training:

- Mental Fitness HIIT.
- Understanding your Negative Mind.
- Managing your Stress Bucket.
- ABCs of Self Care.
- Embodied Resilience.
- Visualisations for New Perspectives.

Ask us for a fuller outline of any of our bitesize sessions.

Some of our Half Day in-person training

Interactive training sessions, brought to life by shared experiences from your team, as they collectively explore and learn new insights into some of these mental fitness topics of:

- Practical Stress Busting.
- Saying No and Creating Boundaries.
- Managing your Stress Bucket and Circle of Control.
- Self-care and Wellbeing – planned and in the moment.
- Embracing Failure and Removing Perfectionism.

The Benefits of Bitesize Training

Whether in person or online, these short impactful sessions aim to put your people back in control of their emotional mind, by providing them with practical and work-ready tools - in just 15 minutes. Our short sessions fit into busy diaries and encourage self-care practices that not only improve wellbeing but also work effectiveness and happiness.

Discover how bite-sized mental fitness training can improve wellbeing and performance in your organisation, contact us to discuss your options. What positive impact do you want to have on your organisation?

Get in touch with us to find out how we can put wellbeing at the heart of your business support strategy.



An example of our in-person training



One of our online training sessions

POSITIVE INTELLIGENCE (PQ)

Boost Resilience, Strengthen Relationships, and Reduce Stress at Work

The Positive Intelligence (PQ) programme combines a daily digital mental fitness app with weekly group coaching to help individuals build self-mastery and reach their potential. It teaches practical tools to identify and manage negative thought patterns, develop a more positive resilient mindset, and ready to use in-the-moment tools.



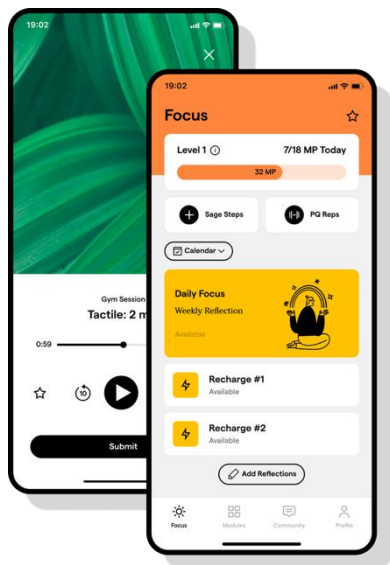
Who is it for

This 8-week programme is designed for individuals or small teams (up to 6 people) who want to:

- Develop personal awareness and resilience
- Improve wellbeing and manage stress
- Build stronger working relationships
- Enhance effectiveness and performance at work

This deep-dive programme helps participants uncover limiting thought patterns and develop new positive practices. Progress is measurable through daily app practice, weekly coaching, and support from a wider PQ community.

The Benefits of the Positive Intelligence PQ programme



This unique digital programme supported by one of our Certified PQ Mental Fitness Coaches has helped thousands of people across the world to reduce their stress, improve their performance and increase their happiness.

Benefits of the Positive Intelligence PQ Programme, it:

- Reduces stress and improves emotional wellbeing.
- Builds confidence, resilience, and motivation.
- Strengthens teamwork, collaboration, and workplace relationships.
- Equips individuals to support the mental health of colleagues.
- Measurable results: 91% of participants report better stress management, 83% improved confidence, 92% improved collaboration, and 82% improved relationships.
- Delivered in small “PQ Pods” of up to 6 people, or individually for personalised coaching.

Find out how Positive Intelligence can strengthen resilience and performance in your team. Contact us to discuss setting up your PQ Pod or one to one support.

BUILDING YOUR PERSONAL AND WORK RESILIENCE – IN PERSON

Empower your team to thrive under pressure, improve wellbeing, and build a supportive workplace culture

Our ability to cope with challenges at work and home depends on resilience. Ongoing stress and pressure can reduce our capacity to 'bounce back', affecting both wellbeing and performance.

This programme explores the two sides of resilience and wellbeing – focusing on the individual in **Personal Resilience** and the workplace in **Work Resilience**. Helping to raise awareness of the interrelatedness of both.

Our In-Person Resilience Programme

This three-day programme helps teams develop personal and workplace resilience. Through practical exercises and reflection, participants learn to adapt to today's changing work pressures and enhance overall wellbeing.

Day 1 – Personal Resilience

- **Influence and Power** – understand how your actions affect outcomes.
- **Purpose and Passion** – connect with what drives you for greater motivation.

Day 2 – Personal and Work Resilience

- **ABCs of Resilience** – practical strategies to manage stress and pressure.
- **Safety, Belonging, and Dignity** – create a supportive and inclusive environment.

Day 3 – Work Resilience

- **Resilience and Change** – navigate organisational changes confidently.
- **Joyous Resilience** – foster positivity and engagement in the workplace.



Transform resilience and wellbeing in your organisation and contact us to discuss how we can tailor this programme for your team.

Who is it for?

This programme is ideal for organisations that want to build a healthier, happier workplace, where wellbeing is embedded in daily operations. Suitable for teams, cross-department groups, or smaller businesses exploring resilience together.

The Benefits of Building your Personal and Work Resilience programme

When 1 in 3 adults experience extreme pressure or stress, training them with simple resilience tools and techniques for their personal and work life, helps them to take back control and focus on a happier and healthier future. Exploring the impact and the solutions to wellbeing collectively helps to take away the stigma of not coping, and to encourage an environment of support around all aspects of wellbeing and inclusion.

BUILDING YOUR PERSONAL AND WORK RESILIENCE – ONLINE

Flexible, self-paced training to strengthen wellbeing, adaptability, and performance

For busy teams, online training offers a practical solution for continuous personal and professional development, without the need for travel or disruption to busy schedules. Our self-paced online programmes can be completed individually or as a group, with 12 months' access for learning anytime, anywhere.

Our eLearning Programmes

The online Resilience series are designed to build on from each of the sessions, introducing new material, thinking and models, all following the six-part **Building your Personal and Work Resilience** model.



Resilience Part 1

Under Personal Resilience Part 1 you'll be introduced to:

- Your neural pathways and how your brain works, as well as the Saboteur Assessment, how to create 'ta dahs' and not 'to-dos' and mindful moments to incorporate them into your day.

Under Work Resilience Part 1 you'll be introduced to:

- The ABCD model and concepts around trust, Growth Mindsets and the power of yes and no, as well as the importance of optimism and altruism.



Resilience Part 2

Under Personal Resilience Part 2 you'll be introduced to:

- Looking at the power of positive thinking and the importance of different perspectives, exploring your peak experiences and reminding yourself what you are passionate about, your self-care plan.

Under Work Resilience Part 2 you'll be introduced to:

- Understanding how to create an engagement and inclusive culture, the obstacles to change and how to manage change within your team, and your daily DOSE for motivation and the happiness indicators at work.



Resilience Part 3

Under Personal Resilience Part 3 you'll be introduced to:

- Looking at what's inside your Stress Bucket, and what is in and out of your control, exploring your Ikigai, visualisation, and be introduced to your Physical Intelligence, and the power of Nature.

Under Work Resilience Part 3 you'll be introduced to:

- Understanding Psychological Safety at work and the culture of feedback, exploring the Five Reactions to Change, learn about the Appreciative Inquiry model and the power of Turning it around.

The Benefits of Building your Personal and Work Resilience programme

Building better resilience is something we can all learn to do. Our online programmes give added flexibility, especially for the under 25s who typically are three times more likely to be off work with deteriorating mental health issues. Who wouldn't want to encourage individuals and teams to improve their resilience by taking control of what they study and when with these eLearning programmes.

eLearning Platform

5 Day Leadership Challenge | 5 Day Challenge on Curious Conversations |
Mental Fitness HIIT Session | Resilience Part 1, Part 2, Part 3 |
Carry on Building your Positive Intelligence (Past PQ Podders)

HOME

CATALOGUE

HELP



Catalogue

SEARCH



CATEGORIES

Maximum price:

Sort by: Name



5 Day Challenge on Curious Conversations

Training managers to have coaching conversations at work



£42.00

BUY



5 Day Leadership Challenge

Learning about the 5 leadership positions within The Being & Doing of Leadership through daily challenges - suitable for both



£42.00

BUY



Building your Personal and Work Resilience - Advanced Level Part 3

Building your Personal and Work Resilience. The third of three programmes in our resilience model. (Part 3 Advanced)



£66.00

BUY

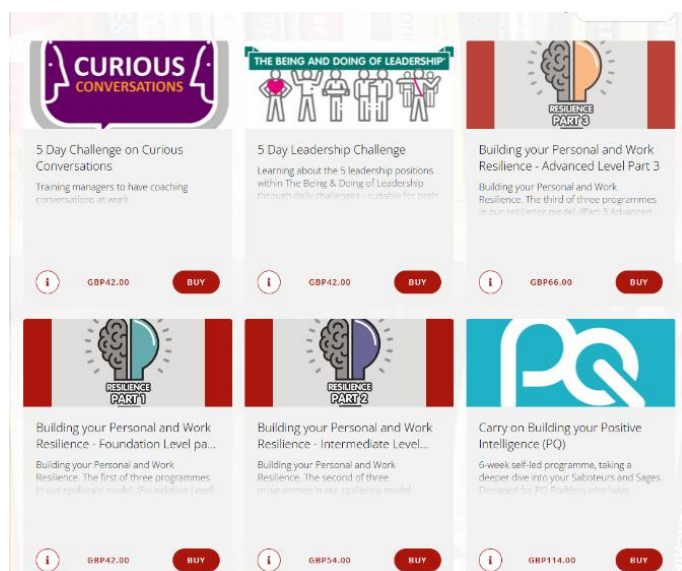
Self-led learning, anytime, anywhere

In today's hybrid world, finding training solutions for geographically dispersed, time-poor teams can be challenging. Traditional off-the-shelf packages are often too rigid. Kapow Coaching's eLearning programmes give individuals and teams the flexibility to develop at their own pace, on their own schedule, with 12-month access to materials.

Our eLearning solutions provide a mixture of bitesize training and more in-depth training around our core expertise areas of **Coaching**, **Leadership**, and **Mental Fitness**, to help you support anytime, anywhere training.

Our selection of 5-day Challenges is the perfect way to upskill without committing to our fuller, live programmes such as The Being and Doing of Leadership and Curious Conversations. And our Mental Fitness HIIT provides standalone wellbeing support.

We've developed three programmes based on our Building your Personal and Work Resilience 6-part model, that can be used as standalone training solutions, or as progression from Foundation, to Intermediate to Advanced level training.



From our eLearning Catalogue

Putting you in the driving seat of when and where to train, we can offer:

- **The Being and Doing of Leadership**, 5 Day Leadership Challenge.
- **Curious Conversations**, 5 Day Challenge on Curious Conversations.
- **5 Day Mental Fitness HIIT Sessions**.
- **Foundation Level Resilience** (part 1).
- **Intermediate Level Resilience** (part 2).
- **Advanced Level Resilience** (part 3).

All our eLearning programmes are available to demo for free — click on the links to explore the catalogue today and put your people in the driving seat of their development.

The Benefits of self-led learning

eLearning allows individuals to take control of their development by choosing when and how they learn, and for some it removes the discomfort of in-person group interactions. Without someone monitoring progress, these offerings encourage self-motivation and the opportunity to re-visit the learning, as the materials are available for 12 months.

For smaller organisations, our eLearning offerings are a cost effective and flexible solution for more one-off development needs for individuals or the whole team, without committing to an expensive eLearning platform.

How can eLearning enhance your learning and development?

Our Clients

Coaching | Leadership | Mental Fitness



Get in touch

Call, email or send us a message on our socials. We'd love to hear from you if you are interested in one of our Coaching, Leadership, or Mental Fitness training options.

