

# Mental Toughness



Duration: 1



Maximum group size: 12 people

## Course overview

Mental Toughness means many things to many different people however, during this course delegates will explore the mind-set that you adopt in everything that they do – from performance in work to our lives at home.

Those who have higher levels of mental toughness are able to perform consistently at or near the top of their capabilities, regardless of the challenges, pressure and stress they face.

## Who would benefit from attending?

Ideal for employees at all levels across an organisation who want to develop mental toughness.

## Core development objectives covered

- What do we mean by mental toughness?
- What impact can this approach have at work / at home?
- Understanding common fallacies about mental toughness
- Raising levels of self-awareness (Optional – use of MTQ48 profile tool)
- The Four C's of mental toughness
  - Control
  - Commitment
  - Challenge
  - Confidence
- Confidence communicating & cooperating more effectively under pressure

- Thriving on change & business challenges
- Handling mental strain & negative thoughts
- Increase drive & self-motivation
- Developing positive & lasting working relationships

## Delivery methodology

Futureproof's training workshops require all delegates to take a full and active role throughout. Our mix of trainer led discussion, facilitation, coaching and skills practice ensures that all delegates enjoy an interactive and supportive learning experience.



Want to tailor the content of this workshop and incorporate internal procedures, competency framework, organisational values & work-related challenges?

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