

Overview

Resilience - the ability to “bounce back” from a set-back, is related to Mental Toughness, which determines in large part how individuals deal with challenge, stress, and pressure.

However, if a difficult situation arises, and the person copes with it, while they can be described as resilient, that does not mean that they are positive about the experience. They may have simply gritted their teeth and got on with it – because ‘they have to.’ Without a positive mindset, overexposure to setback and challenges can, and often will, wear down the individual.

Most if not all mentally tough individuals are resilient but not all resilient individuals are mentally tough. Developing Mental Toughness can help individuals view challenge as an opportunity, learn from setbacks, develop a ‘can do’ attitude and build their resilience.

This course will help participants understand and improve their own Mental Toughness in order to be more resilient and effective in the workplace.

Learning Outcomes

- An Understanding of Mental Toughness, its effect on Resilience and its application to your role
- An Action Plan to develop Mental Toughness and Resilience

Who Should Attend

- Those wanting to develop Mental Toughness in order to be more resilient and effective in their work
- HR Professionals who want to understand better the relevance of Mental Toughness to Resilience

Build Resilience with Mental Toughness

Course Code: 608 Duration: 1 Day (2 Half-Days Virtual)

Content

Part 1: Understanding Resilience & Mental Toughness

Introduction

- Resilience and Mental Toughness Explained
- Link with Stress and Peak Performance
- Application to Job Roles

Four Cs Of Mental Toughness

- Challenge – seeing challenge as an opportunity
- Confidence – developing self-belief
- Commitment – being able to stick to the plan
- Control – having a ‘can do’ attitude

Part 2: Development & Application

Effective Interventions & Strategies

- Goal Setting & Self-Awareness
- Attentional Control & Visualisation
- Positive Thinking & Anxiety Control
- Which Strategy is Best for You?

Optional Post-Course

Mental Toughness Assessment

Following the course participants can take a Mental Toughness Assessment and receive their individual and confidential Mental Toughness Report (MTQPlus).

This is followed up by 1-2-1 feedback from the course trainer (a fully qualified MTQPlus Assessor) on the outcomes of the report, its application to the individual's current work and the impact on their resilience.