

Overview

Mental Toughness has implications for the ability of organizations to perform under pressure and develop a positive approach to change and challenge.

Mental Toughness explains in large part how individuals respond differently to the same or similar stressors, pressures, opportunities or challenges, irrespective of the prevailing circumstances.

The Mentally Tough tend to see challenge as an opportunity. They learn from setbacks in order to develop and improve.

They will set goals and do what it takes to achieve them using a 'can do' attitude and self-belief.

By understanding and modeling the traits of the Mentally Tough anyone can learn to adapt their approach in order to be more effective.

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

Learning Outcomes

- An Understanding of Mental Toughness and its application and impact in the workplace.
- An Action Plan to use or develop their own Mental Toughness

Who Should Attend

- Anyone who wants to develop their Mental Toughness in order to be more effective in the workplace
- HR Professionals who want to understand better the relevance of Mental Toughness.

Content

Part 1: Understanding Mental Toughness

Mental Toughness And The Workplace

- Mental Toughness Explained
- Link With Other Models: Mindset; Resilience; Emotional Intelligence
- Implications for Organisations, Teams, Leaders & Managers
- Four Cs Of Mental Toughness
- Assessment of Mental Toughness

Challenge (Seeing Challenge As An Opportunity)

- Definition & Application of Challenge
- Risk Orientation & Achievement Orientation
- Personal Application Review

Confidence (High Levels Of Self-Belief)

- Definition & Application of Confidence
- Confidence in Abilities & Interpersonal Confidence
- Personal Application Review

Commitment (Being Able To Stick To The Plan)

- Definition & Application of Commitment
- Setting Goals & Targets (Goal Orientation)
- Achieving Goals & Targets (Achievement Orientation)
- Personal Application Review

Control (Believing You Control Your Destiny)

- Definition & Application of Control
- Life Control & Emotional Control
- Personal Application Review

Part 2: Developing & Applying Your Mental Toughness

Effective Interventions & Strategies

- Using Mental Toughness In Your Role
- Goal Setting & Self-Awareness
- Attentional Control & Visualisation
- Positive Thinking & Anxiety Control
- Which Strategy is Best For You

Implementing An Experiential Learning Plan

- Using Your Mental Toughness Report
- Creating An Action Plan
- Follow Up 1-2-1 Coaching Session

Each participant will receive a confidential post-course 1-2-1 telephone coaching session to help identify any potential challenges and to review their action plans.

Mental Toughness Assessment

Each participant will receive their own confidential MTQPlus Mental Toughness Assessment Report. This will be used to help them identify areas for development. The assessment will be taken on-line prior to the course commencement.

MTQPlus

Duration	1 Day
Fee	£425 € 560
Dates & Location	beckinridge.com/schedule
On-Site Courses	Contact us to have this course delivered on-site or tailored to your needs