

## Introduction to Mental Toughness & Resilience

*Challenge / Commitment / Confidence / Control*

A 1-day course that will introduce the principles of Mental Toughness and Resilience to participants and will equip them with the tools to make positive changes to their mindset and their performance. As well as providing the theory and science behind the concept, participants will learn practical ways in which they can grow their Mental Toughness to positively impact all aspects of their lives.

Participants will take an online psychometric test – MQ48 – to build their Mental Toughness baseline score and will also receive follow-up coaching and feedback around their initial scores.

As with all our development, the return on investment significantly increases when it is supported by coaching. The programme, therefore, includes a 1:1 coaching session for all participants, within a 4-week period following the learning. A minimum of 3 months coaching after the completion of the programme is also recommended, both to embed the learning and ensure lasting improvements are achieved.

Topics will include:

- Mental Toughness: What it is and Why it Matters
- Going beyond Resilience
- Understanding your own Mental Toughness and how it affects others
- How and Why Mentally Tough People Succeed
- The 4 Cs of Mental Toughness
  - Challenge
  - Commitment
  - Confidence
  - Control
- How to increase your Mental Toughness
- The potential dangers of being too Mentally Tough

Pre-reading will be provided so delegates can make the most of their time on the course and a handbook containing slides, in-depth notes and practical resources is also included.



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