

PERS 141: Mental Toughness -Take Positive Action

Length: 14 hours

Success in today's corporate environment requires an unwavering focus, motivation, and dominant mental toughness. The mind is fundamental in determining how you: tackle obstacles in the workplace, excel under pressure, consistently perform beyond expectations, remain confident in times of distress, handle difficult workplace conversations, and excel when apprehension and doubt start to creep in. This workshop examines the concepts behind mental toughness, develops key strategies to improving mental toughness and ultimately allows you to become your own master and achieve the results that you want to achieve - in business and in life.

Module 1: What is a Mental Edge in Today's Workplace?

- Define Mental Toughness and examine the psychological characteristics associated with Mental Toughness.
- Examine where or how Mental Toughness affects performance in the workplace and in life.
- Examine the aspects of anxiety, stress and pressure and its effects on the body and performance.
- Create strategies to keep stress and anxiety symptoms under control.
- Make a personal impact on your own life.

Module 2: Making the Most of Motivation

- Determine your mental model and how you view pressure.
- Examine different forms of unhelpful thinking and develop strategies to think positively.
- Define the components of intrinsic motivation.
- Determine your own personal motivational style, and how to drive it.
- Examine how to build your own winning environment in any situation.
- Define learned helplessness and how it can be detrimental in the workplace.
- Make a personal impact on your own life.

Module 3: Goal Setting with Focus

- Define focus, and understand the importance and relevance of focus.
- Use goal setting to maintain focus and aid mental toughness in any situation.
- Create specific strategies for procrastination & distraction.
- Make a personal impact on your own life.

Module 4: Confidence in a Corporate World

- Define self-belief, and examine its components - self-confidence, and self-esteem and understand the relationship between them.
- Examine common causes of a loss of confidence.
- Discover ways to boost and manage self-belief.
- Create a final tool inventory for my environment.
- Make a personal impact on your own life.