

peopletrainers

talent capability

mental toughness

Your Competitive Edge

How to apply optimism and resilience to improve your effectiveness in your job and in your life.

The People Group through its strategic partnership with The Foresight Institute offers this workshop to its clients.

The Competitive Advantage You Can Learn

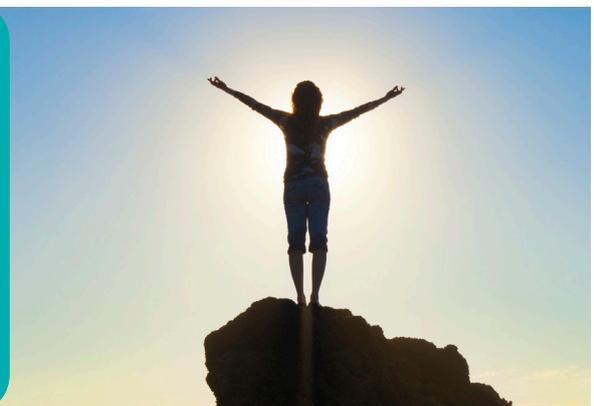
Mental Toughness is a learned process that provides superior **resilience**. This course will demonstrate how Mental Toughness enables you to meet and overcome the adversities and hardships that cause others to stumble and slow down.

From education, sport, health and business - resilience is the one factor that delivers greater results. It provides significant competitive advantage enabling you to take the knocks, recover swiftly and get up again quickly, ready to move forward faster than the competition.

The workshop draws on the latest research of the eminent motivational psychologist Dr. Martin E. P. Seligman, Author of Flourish, Learned Optimism, & Authentic Happiness.

Core Components

- Explaining Mental Toughness
- How your current level of mental toughness is formed from the impact of work and life events, belief systems, attitudes, feelings, and actions
- The process of developing your mental toughness and resilience muscles
- Applying the 8 primary skills of mental toughness to your life and work
- Action planning for maintaining your resilience



Key Outcomes:

- Comprehensive insights into the value of resilience and mental toughness
- A clear picture of your own level of mental toughness and the improvements made over two days
- How to use a variety of mental toughness tools for increased personal and organisational agility
- A significant competitive advantage in personal productivity and employment value

Results

"What I liked most about the 'Learned Optimism and Resilience' programme was the attitudinal shift from a pessimistic outlook to optimistic with tools that are practical, relevant and most importantly usable. I highly recommend this programme because the ideas and strategies can be easily used by any person and the material is based on proven scientific research."

Rob Penney - Head Coach Canterbury Rugby Football Union



