



# MENTAL TOUGHNESS FOR LEADERS

## ONE-DAY PROGRAMME

This one-day programme will help leaders recognise the importance of developing a mentally tough mindset for organisational success. It will help participants reflect on their own mental toughness and equip them with tools and techniques to develop this valuable trait.

### Key Learning Objectives:

- What Mental Toughness is, its key attributes and why it is important to leadership and organisations
- How you can create of a positive approach to developing your leadership style and skill-set through Mental Toughness
- Tools and techniques to develop a 'winning mindset'
- Cope better with stresses and challenges in work
- Improve performance of yourself and others
- (Optional) Get assessed using the MTQ48 Mental Toughness measure and find out where you need to focus your mindset efforts

### Who will benefit from this training?

The one day programme of developing mental toughness is aimed at leaders and managers at all levels and sectors. It is designed to help managers think about how they can develop more effective strategies for coping with pressure, deal with challenging situations and make better decisions for themselves, their teams and their organisations.

### Methodology

The programme is designed to be interactive, enjoyable and motivational. Participants will be encouraged to get involved and learn through:

- ✔ Workshops
- ✔ Individual exercises
- ✔ Role-play
- ✔ Group activities

Each participant will create a personal learning and action log to guide his or her own development after the programme



### Your Facilitator

Andy Whitehead MBA MSc (Psychology) FCMI. Andy is an Executive Coach and a skilled facilitator, delivering programmes aimed at enhancing leadership and management effectiveness.