MERCURY

Building Mental Toughness Training

17 – 21 January 2027
Online



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Ref: 15086_1083012 **Date:** 17 – 21 January 2027 **Location:** Online **Fees:** 1900 Euro

Introduction:

We all face obstacles, resistance, and doubts as we navigate our personal and professional lives. Often, the larger the ambition, the greater the number of hurdles that appear. While some individuals might fold under pressure, many don't. Instead, they flourish in challenging conditions, demonstrating the capacity to remain steadfast in pursuing their objectives.

They harness their opportunities while navigating risks, random setbacks, and active opposition. This mental toughness training course provides the essential tools and techniques to take control of your destiny, enhance your resilience and motivation, and build the mental toughness you need to achieve your goals.

Upon completing this mental toughness training course, learners may seek avenues to certify their newly acquired skills. Achieving mental toughness certification can signify a commitment to personal growth and the ability to handle adversity effectively. This certification can be a valuable asset for professionals seeking to improve mental toughness and demonstrate their capacity for resilience in the face of challenges.

Targeted Groups:

- Executives and Managers across a variety of sectors, roles, and levels.
- Leaders and influencers in all areas, including government and non-profit sectors.
- Human Resources Management Professionals.
- Professionals across all fields of endeavor.
- Entrepreneurs and Business Owners.
- Artists, Writers, Trainers, Inventors, Scientists, and others involved in creative and innovative work.

Course Objectives:

By the conclusion of this mental toughness training program, participants will:

- Develop their goals and strategies with specific plans to achieve them.
- Identify and manage the risks and opportunities that lay ahead, striving for achievement, contentment, and satisfaction.
- Establish a personal support system and a network of allies.
- Discover and bolster the inner strength and resolve required to surmount barriers, setbacks, opposition, and resistance.
- Employ selected methods to prosper amidst rapid change, risk, and uncertainty to reach their goals.

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Targeted Competencies:

Upon the conclusion of this mental toughness training, participants' competencies will:

- Understanding resilience: what it is, its importance, and its necessity for all individuals.
- Adopting approaches to transcend mere coping and survival to thrive truly.
- Crafting a purpose-driven life with clear objectives and plans.
- Harnessing specific tools and techniques to identify and maneuver through personal risks and opportunities.
- Addressing and overcoming obstacles and pushback from both oneself and others.

Benefits of Mental Toughness:

Understanding the benefits of mental toughness can empower participants to apply the concepts learned throughout this course to their daily lives and aspirations.

The skills and knowledge gained here provide a strong foundation to improve mental toughness, develop personal resilience, and build robust methodologies for overcoming adversity.

Course Content:

Unit 1: Foundations of Mental Toughness:

- Recognizing common mental health issues and their impact on mental toughness.
- Exploring the determinants and causes of mental health challenges.
- Identifying the signs of mental health issues and how to address them.
- Strategies for getting help and supporting others in building mental toughness.
- Understanding the limitations of individual roles in the context of mental health.

Unit 2: The Mental Toughness Framework:

- A deep dive into the nature, history, and philosophy of resilience.
- Exploring the psychology of resilience and motivation as cornerstones of mental toughness.
- The essential toolkit for resourcefulness and inner strength.
- Goal-setting, planning, and finding purpose in developing mental toughness.
- Strategies for mitigating threats and enhancing opportunities for building mental toughness.

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Unit 3: Embracing Lifes Adventures:

- Perceiving life as an adventure and understanding its various cycles and phases.
- Drawing inspiration from the hero's journey in mythology and literature for resilience.
- Gaining resilience and mental toughness through historical perspectives and insights.
- Developing empathy and alternative viewpoints to strengthen mental toughness.
- Charting your heroic path and navigating life's quest with resilience.

Unit 4: Sharpening Focus:

- Clarifying the concept of attentional focus and its relevance to mental toughness.
- Differentiating among types of attentional focus.
- Identifying common attention-related challenges and solutions within various contexts.
- Enhancing attentional focus for fitness, healthy living, and peak performance using mental toughness strategies.

Unit 5: Managing Pressure and Adversity:

- The influence of expectations on performance and behavior in high-pressure situations.
- Defining and understanding varying types of anxiety and their impact on achieving performance goals.
- Techniques for recognizing and managing anxiety states.
- Mental and physical relaxation methods to build resilience and mental toughness.

Conclusion:

Mental toughness is critical in conquering challenges and reaching your full potential. Participants of this mental toughness training course will conclude with an enriched understanding of ways to build mental toughness, exercises to build mental toughness, and activities to encourage personal development. We encourage learners to embrace these principles and techniques as they journey towards developing and strengthening their mental fortitude.