RESILIENCE

USING THE MENTAL TOUGHNESS MODEL

Using the Mental Toughness model, we'll explore the recipe for increasing your personal resilience in times of adversity. We'll then identify areas for improvement in terms of wellbeing and ways in which you can minimise outside influences and allow you to be your best self.



It goes without saying that the last few years have been tough. We've experienced increased fear, uncertainty and change on a global level. Currently, here in Australia, one in five of us in are not doing okay mentally. There is a real need for us to learn how to be more resilient – which is something that is, in part, inherent and a valuable attribute that can be learned.

Mental Toughness is a model which can offer us a recipe for building our resilience and increasing our overall wellbeing. It allows us to operate at peak performance even under stress by combining resilience and positivity in the face of challenge or change. It's the difference between surviving and thriving.

Once we are aware of our current levels of Mental Toughness, we are able to identify and plan for ways in which we can develop and grow personally, increasing our resilience levels and our overall wellbeing. This is what allows us to be our best selves in the face of adversity.

Our commitment to giving back
As part of our corporate pledge, we set aside 10% of our revenue to support development opportunities for charities.

KEY COURSE OUTCOMES

- Understanding of Mental Toughness and the related components when increasing personal resilience.
- Awareness of areas to improve in terms of wellbeing.
- Strategies and commitments to support you in being your best self.

THE DETAILS

We offer bespoke facilitation designed to meet both individual and group needs, delivering positive and immediate impact and lasting change in organisations.

Group Size	Up to 12 people
2 Hours	$2750 + GST
Half Day	$3000 + GST
Full Day	$5000 + GST

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