

MENTAL TOUGHNESS

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Definition:

1. The ability to deal effectively with **stressors, pressure** and **challenges** irrespective of the prevailing circumstances and environment. (Clough 2004)
2. Having a **psychological edge** that enables you to be **consistent, confident, focused** and **determined** during high pressure situations in order to perform at maximum potential. (Jean-Paul 2009)

Mental Toughness Affects:

Performance

Positive behavior

Well being

Aspirations



Mental Toughness Components:

The **4 C's**

Commitment

A promise to yourself or to others. How do you respond to working towards specific goals & targets?

Goal setting, Motivation, Discipline, Focus, Persistence.

Control

Control Emotions & keep daily stress in perspective

Emotions: Positive attitude, Stress Management, Awareness, Proactive/Reactive

Life: Organizational skills, Time Management, Responsible for actions



Challenge

To what degree do you seek challenges, variety, see opportunities?

Coping with change, resilience (bounce back), courage and problem solving.

Confidence

To what extent do you believe in yourself and can deal with setbacks?

Ability: Self belief, confidence in your own skills

Interpersonal: Assertive, speaks out, public speaking

Mental Toughness Development:

1. Diagnosis:

Which "C" do I need to develop?

MTQ48 Assessment Tool

2. Development:

How can I improve?

MT Development Tools & Techniques

3. Evaluation:

Track Progress

Make Adjustments

Mental Toughness Development Tools:

- ❖ Stress Management
- ❖ Goal Setting
- ❖ Self Confidence
- ❖ Creative Visualization
- ❖ Attention Control Training
- ❖ Positive Thinking
- ❖ Energy Management



Mental Toughness

In a nutshell....

- Commitment:** *I promise to do it!*
- Control:** *I really believe I can do it!*
- Challenge:** *I am "excited" about doing it!*
- Confidence:** *I can do it even if it's difficult!*

Knowledge Point with Partnership with AQR offer:

- MTQ48 Assessment Tool
- MT Development Courses
- MT Train the Trainers Courses

For more information:

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