

Mental Toughness in Turbulent Times

In today's volatile business environment, employees are increasingly having to work to demanding goals and targets, handle several things at the same time and often on their own initiative. Whilst responding to sudden changes and unexpected interruptions and setbacks, employees still have to achieve.

The Mental Toughness course is designed to measure individual's abilities in 4 key areas enabling organisations to:

- Understand why some people succeed and others struggle when the pressure is on
- Develop strategies & tactics to help organisations & individuals perform under pressure
- Help managers get the best from their people
- Recruit more effectively around these key criteria

Who should attend

Those who want to increase their own mental toughness and the resilience of their organisation, and their people.

Delegate benefits

- Learn techniques which allow individuals to overcome obstacles, respond to changing environments and deal with setbacks
- Understanding how to maintain emotional control and effective management of decision making under pressure
- Know what your boundaries and limitations are - when to let go and work with others to achieve tasks together.

Organisation benefits

- Better bottom line performance - £
- Improved morale & a better working environment
- Better ability to recruit people who can make it
- Reduced risk of stress related claims and awards

Content

- Understand the importance and implications of mental toughness
- Be able to assess own mental toughness
- Understand the implications of own mental toughness in terms of personal effectiveness and effectiveness within the organisation
- Understand how Mental toughness can be developed



COURSE INFORMATION

Date: 23/04/09, 1.30 – 4.30

Price: £45 to BUBC members,
£55 to non members

For more information about this programme contact **David**

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