

Mental Toughness

Confidence and Positivity in volatile times

Navigating today's increasingly complex and volatile world requires deep reservoirs of tenacity, optimism and hardiness.

This highly customised, engaging, application-rich session will equip you to fundamentally and permanently strengthen how you relate to adversity. We provide individuals with an understanding of how to measure their resilience and ability to cope with pressure and change around scales of Challenge, Control, Commitment and Confidence.

Delivery Mode

- Our virtual sessions are live, experiential, kinesthetic, facilitated sessions.
- We use ZOOM to deliver the sessions
- Watch this short video on what to bring: <https://vimeo.com/399774449>

Who will love this?
Individuals wanting to
strengthen their
responses to adversity

Outcomes:

- Recognise the role your Mental Toughness plays in all facets of your personal and professional success
- Understand and recognise the spectrum of responses to adversity at an individual and group level
- Understand the process required to go about changing long practiced behaviours
- Provide awareness of how increased resilience positively contributes to enhanced wellbeing at work and home

Click <https://vimeo.com/404500753> to see what participants are saying about our virtual sessions

Payment

- We require full payment upfront prior to attending the virtual workshop.
- Bookings are made via Eventbrite.
- For groups of 10 or more please contact: angels@phuel.com.au

