



Mental Toughness

Course Description:

At its core, mental toughness is simply the ability to stick to something when the going gets tough.

There are certain traits that all those who are mentally tough seem to possess. They are highly motivated; they have a positive mindset, they have self-control, are aware of themselves, can deal well with pressure and are energetic. All of these traits can be developed.

Course Objectives:

Just as a person can develop their physical muscles, our mental muscles can be developed as well. Learning how to view challenges as opportunity puts you in control of your life.

- Develop the mental toughness to see things through
- Learn how to stage a comeback after a setback
- Learn the eight steps to developing Mental Toughness
- Learn how to build your Mental Toughness Muscle
- Grow into the person that is bigger than your problems
- Understand how your mind affects your results
- Learn about the five intellectual faculties
- Develop a powerful self –image
- Learn the steps to overcoming fear
- Understand internal dialog and how to make it serve you