



Mental Toughness Training Course

About This Course

Mental Toughness Training Course



Do you want to be more resilient and have a more positive mindset no matter what the challenge you are facing?

Our Mental Toughness training course will provide those that attend with strategies and skills to become more resilient when dealing with a range of challenging situations.

This Mental Toughness training course is delivered as an in-house just for your business.

We deliver the course as a face to face course and a live virtual online course.



The Course Aim & Objectives

Here's what you will learn on our Mental Toughness course



Course Aim

This Mental Toughness training course will provide those that attend with strategies and skills to become more resilient when dealing with a range of challenging situations.

Course Objectives

By attending this Mental Toughness Training Course you will:

- Understand the components of mental toughness
- Have a range of strategies to remain in control and resilient in a range of different situations
- Understand how your mindset and mental state affect our overall wellbeing and performance
- Have some simple tools that you can apply in a range of situations to remain resilient and positive
- Know how to help others to increase their mental toughness

The Course Content

Here's what we cover in our Mental Toughness course



What is Mental Toughness?

- Defining mental toughness
- The benefits of increasing your levels of mental toughness
- Common misconceptions about mental toughness

The Components of Mental Toughness

- The 4 C's of mental toughness
- How to apply the 4 C's
- Mental toughness, attitude and resilience and how they work together

Mental Toughness Strategies

- Strategies for the 4 C's of mental toughness
- Being more self-aware and taking control of our feelings and emotions
- How others and situations influence us to feel either negative or positive
- The impact of stress on our mental state
- Influencing others to be more positive

Control and Emotion

- How to reduce the emotional responses you have to situations
- Increasing the use of logic and control to deliver better outcomes
- Thoughts, feelings and actions – the link between each
- Techniques to stay in control of your emotions and remain positive and confident

Using Mental Toughness

- How to use your mental toughness skills in a range of situations
- Being mentally tough in your work-life and home-life
- Helping others to increase their levels of mental toughness

Delivery Options

How we deliver our Mental Toughness course



In-House

Delivered at your business location or a location of your choice anywhere in the UK, Ireland, across Europe or online.

We can adapt the course content to meet your specific needs and those of your team.

Contact us for a quote.

In-House Delivery

Train your team. Train your entire company



We can deliver our Mental Toughness training course just for your team or organisation.

1

Start with an off-the shelf course

We'll use the content in the overview as a starting point

2

Understanding your needs

We'll work with you to agree what outcomes you want from the course

3

Making it yours

We will shape the content to ensure the course meets your requirements

4

Delivering the skills

We then deliver the course that we've agreed either in-person or online

Make it even more bespoke

We can completely redesign the course to meet your needs. Just tell us what you need, and we can put a no obligation proposal together for you.

Online Training Course

Fun, engaging and interactive – delivered online



Our Mental Toughness training course can be delivered as a virtual online course.



The same great content reimagined for the online environment.

- ✓ We can use the platform you are most comfortable with, for example Zoom, Teams, Webex etc
- ✓ Re-designed sessions to allow for interactivity and engagement in the online environment
- ✓ The same fun, engaging and down to earth approach
- ✓ Join your course from anywhere

About Us

Here's a bit about us and what we do



We are Revolution Learning and Development

We are a leading learning and development consultancy based in the UK. We provide our services across the UK, Ireland and Europe.

- ✓ We deliver fun, engaging and down to earth training courses in-person and online
- ✓ Over 20 years of training experience
- ✓ Incredibly cost effective and a real focus on return on investment
- ✓ 92% of our clients rebook us for further training and development
- ✓ Flexible training and development solutions

Let's Talk

We're here to help



If you have any questions about our Mental Toughness course or would like a quote for an in-house course, then just get in touch.

Call Us:

UK: 03333 444575

ROI: 015549779

Email Us:

hello@revolutionlearning.com

Visit Us:

UK: <https://www.revolutionlearning.co.uk>

ROI: <https://www.revolutionlearning.ie>

EU: <https://www.revolutionlearning.com>