

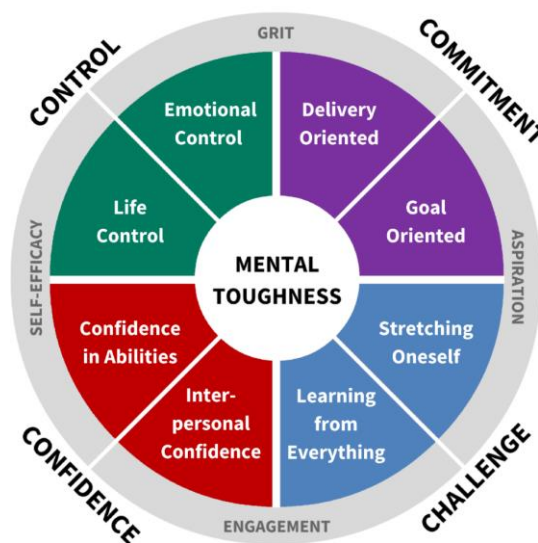
Mental Toughness Development Programmes

Many organisations are going through periods of change, almost daily. Perhaps, technologically or due to restructuring. The risks are that a period of under-performance can set in leading to financial consequences and additional stress. This can bring on negative feelings of frustration or overwhelm, which are unhelpful in the long term.

Our Mental Toughness Development Programmes help your leaders to handle stress more effectively through making fundamental changes to the way you think about problems and by teaching you the tactics and strategies that mentally tough people use.

As research tells us, Mental Toughness is a personality trait, which accounts for up to 25% variation in performance, you can see how important this is.

Our programmes are bespoke, tailored to your needs and take part over 2 days. Each individual will have a unique Mental Toughness profile highlighting different strengths and development requirements. The model we base our insights is shown below:



If you would like to know more about this service, please contact us on:

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