



ZING365
Learning without limits

BUILDING RESILIENCE & MENTAL TOUGHNESS

WHAT WE WILL COVER

- What is mental toughness?
- Understand the difference between mental toughness and resilience.
- The background and benefits of developing mental toughness.
- Recognising stress, pressure and challenges.
- A chance to identify current stressors and where they sit on the stress continuum.
- Understanding how stress manifests itself and the impact that this can have on ourselves and others.
- Understanding the 4Cs of mental toughness – Control, Challenge, Commitment and Confidence.
- Tools and techniques for developing mental toughness



PART OF THE DWF GROUP

SUMMARY

In a world where we are all under pressure to achieve more with less, resilience is crucial.

This workshop takes resilience further and looks at our ability to deal with stress. To keep going in the face of challenge and manage our own emotions, to help interact effectively with others.

We will focus on developing techniques to manage your own approaches to the challenges faced on a daily basis.

Although online, the session is fun and interactive involving group and pair discussions, so that participants will leave with a personal toolkit for future use.

OBJECTIVES

By the end of this course you will;



Create a personal plan to develop your mental toughness and stress resilience.



Equip yourself with a selection of tools and techniques to develop your mental toughness and manage stress more effectively.



Understand stress and your responses to it better.