

Mental Toughness Team Workshop

Build resilience and a positive mindset to increase team performance

“Mentally Tough individuals bring their A game to work every day”



Team Bookings:

contact Niels van Hove,
accredited Mental
Toughness master trainer.

What:

Mental Toughness is a personality trait which is emerging as the key to understanding how people respond to and perform under stress, pressure and challenge.

Why:

Mental Toughness explains up to 25% in the variation of an individual's performance. It is a significant factor in individual and team well-being.

How:

Mental Toughness is measured with the MTQ48, the world's first valid and reliable psychometric questionnaire for Mental Toughness. The 48 questions take less than 10 minutes to complete.

Participants in the workshop will:

- Become familiar with the Mental Toughness definition, history and its implications.
- Learn how Mental Toughness impacts individual and organisational performance.
- Gain insights in their own Mental Toughness by completing an MTQ48.
- Learn techniques to improve well-being and performance in themselves and in others.
- Have some fun with exercises and real life Mental Toughness scenario's.