

## Building Resilience & Mental Toughness

All courses can be virtual or face to face

Sample Content Includes:

- Understanding Resilience
- The Importance of Resilience
- Resilience Tools and Techniques
- Reframing and Set Backs
- A Defence Against Stress
- What is Mental Toughness
- The 4 C's of Mental Toughness
  - Control
  - Commitment
  - Confidence
  - Challenge
- Why Mental Toughness is Vital

Contact us for a full course outline.

