

MENTAL TOUGHNESS WORKSHOP

Developing performance, well-being and positive behaviours

Mental Toughness is a personality trait which is a breakthrough development in understanding how people and organisations respond to pressure, opportunity and challenge. It describes why we behave the way we do. It can account for up to 25% of the variation in an individual's performance.

The MTQPlus is the advanced form of the world's first valid and reliable psychometric questionnaire – the MTQ48 - measuring Mental Toughness. Both are designed to be extremely accessible to users of all types. The program covers both formats.

OBJECTIVES OF THE PROGRAMME:

- Be confident about using the MTQ measures with individuals and organisations in handling feedback.
- Understand its wide range of applications – in education, the workplace, social settings, health etc.
- Understand how Mental Toughness can help individuals to deal with stress, pressure and challenge.

WHAT CAN I EXPECT FROM THE WORKSHOP?

For all involved in individual and organisational development – Coaches, Trainers and Line Managers
On completion of the programme participants will be able to:

- Understand Mental Toughness and its implication for performance, behaviour & wellbeing
- Be confident about using MTQ with individuals and organisations and in handling feedback.
- Understand its range of applications – in individual, organisational development & coaching
- Understand how Mental Toughness can help individuals deal with stress, pressure and challenge
- Be able to use the measure and demonstrate evidence-based practice and show ROI

The programme is:

- Effective – delegates will be able to use the concepts to their full almost immediately
- An introduction to genuine thought leadership
- Highly participative – delegates learn by doing
- Supported by comprehensive workbooks and online support from the test publisher.
- Personally beneficial - all participants complete MTQPlus in preparation for the programme

ON COMPLETION

Delegates receive a certificate from AQR and are licensed to use the measure and purchase MTQPlus and MTQ48. The measure itself is very cost-effective, with a simple volume-related pricing structure.

DATE
APRIL 11, 2021

DURATION
9AM - 3 PM UAE TIME

PRICE
3000 AED per Person

PROGRAMME OUTLINE

MTQ LICENSED USER TRAINING

Pre-Course Material (Online Learning Modules)

- 5 Mins** | **Module 1 Introduction to the MTQ Licensed User Training**
An overview of the key outcomes of the programme and its content
- 40 mins** | **Module 2 - Defining Mental Toughness**
The definition of Mental Toughness. This module also explores the myths about Mental Toughness and why it is important
- 25 Mins** | **Module 3 - Origins of Mental Toughness**
Origins and development of the concept of Mental Toughness.
- 2 mins** | **Module 4 – Introduction to the Mental Toughness 4Cs model**
An introduction to the 4Cs mental toughness framework and approach in the following 4 modules
- 40 - 45 mins** | **Module 5 – Control**
A description of the Control scale and the two sub-scales of Control. Along with summaries of likely behaviours displayed by individuals at both ends of the scales.
- 40-45 mins** | **Module 6 – Commitment**
A description of the Commitment scale and the two sub-scales of Commitment. Along with summaries of likely behaviours displayed by individuals at both ends of the scales.
- 45-50 mins** | **Module 7 – Challenge**
A description of the Challenge scale and the two sub-scales of Challenge. Along with summaries of likely behaviours displayed by individuals at both ends of the scales.
- 45-50 mins** | **Module 8 – Confidence**
A description of the Confidence scale and the two sub-scales of Confidence.
Along with summaries of likely behaviours displayed by individuals at both ends of the scales.
- 7 mins** | **Module 9 – A Summary of the 4Cs**
This module is a summary of the 4Cs framework to recap what has been covered so far in the programme
- 15 mins** | **Module 10 – Independent Evidence for The Mental Toughness Model**
Examines the independent evidence for the model of Mental Toughness and provides information on the main areas of research around Mental Toughness.
- 20 mins** | **Module 11 – Current Thinking**
Current (and future) thinking related to the Model of Mental Toughness whilst providing an overview of the findings of key authors and journalists.
- 60 mins** | **Module 12- Relationships with other concepts**
Examines how Mental Toughness is related to other key concepts in the world of business, education and sport.
- 25 mins** | **Module 13 – Psychometric Measures**
This module covers what psychometric measures are and what makes them reliable.
- 25 mins** | **Module 14 – Using the MTQ Measure**
Information on the products in the MTQ family. It also covers good practice and the principals of test administration for the MTQ

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Workshop MTQ LUT (Live virtual session)

- 60-90 mins** | **Introduction – Recap on 4Cs and questions and queries**
- 30-35 mins** | **Module 15 – Understanding the Scales**
Looks at how to interpret scores and the interplay and independence of the scales
- 35-40 mins** | **Module 16 – Exercises**
A series of short exercises to explore how to understand profiles better
- 20 mins** | **Module 17 – Application of Mental Toughness with the organisation and the individual**
Explores the connection between individual and organisational development and the relationship between leadership, mental toughness and culture.
- 25-30 mins** | **Module 18- Handling Feedback**
Examines the importance of feedback in the use of any psychometric measure and provides a good practice guide
- 30-40 Mins** | **Feedback exercise**
- 11 mins** | **Module 19 - Applications of Mental Toughness**
Explores the applications of mental toughness in a variety of sectors
- 30-35 mins** | **Module 20 – Case studies**
A summary of real-life case studies from our work
- 40-45 mins** | **Module 21 – Developing Mental toughness**
An overview of development tools and techniques and how to apply these
- 60 mins** | **Practical exercises in developing mental toughness**
- 10 mins** | **Module 22– Conclusion**
Explanation of certification process – e.g. use free tests and submit feedback on experience to gain full certification.