

Developing a Resilient Mind-Set Through Mental Toughness & Resilience

About the Programme:

Mental Toughness and Resilience is a tool that will enable you to meet and overcome adversities and hardships that cause others to stumble or slow down. It provides significant competitive advantage enabling you to take the knocks, recover swiftly and get up again quickly, ready to move forward faster than the competition.

Mental toughness is a learned process that provides superior resilience. This workshop will demonstrate why some people already possess it and give you the tools so you can possess it too!

The skills learned during this programme are “sticky”. Participants are often astounded at how quickly they take effect and the dramatically positive changes that take place within a short time.

The workshop will provide you with the capacity to:

- ✓ Persist in the face of adversity and setbacks
- ✓ Be composed under pressure
- ✓ Bounce back quickly from adversities and setbacks
- ✓ Embrace changes at work and in life
- ✓ Develop greater control over your drive, energy, moods, and motivation
- ✓ Turn your vision into reality
- ✓ Enjoy better health and well-being
- ✓ Be more productive (work smarter)
- ✓ Overcome “Learned Pessimism”

This workshop will make extensive use of real-life case studies. Delegates are invited to bring situations, scenarios or cases that they would most like to discuss to develop new strategies for dealing with these. Each delegate will receive a detailed workbook and handouts, and certificate of completion.

Our Facilitator: Jamie Ford



Our Senior Facilitator, Jamie Ford, is a Director of Foresight Learning Systems and has a strong alliance with the *Optimism Project* at the University of Pennsylvania, led by *Dr. Martin Seligman*, and Foresight Inc. USA.

Jamie has worked in the area of business and personal development for over 20 years with clients including NZ & Australian multi-nationals, the Australian Institute of Management, and many Kiwi business and non-profit organisations. For example, as a result of his work with the Canterbury Rugby Union, our resilience system is now embedded in the culture of their organisation and their track record of success is impressive!

Who should attend this programme?

Those who want to increase their mental toughness and resilience so they are better equipped to respond creatively to adversity and to assist their people with challenges, pressures, stress and setbacks that occur in both their work and personal lives.

For more information:

E: info@growingorganisations.com

T: 021-152 8400 (Ross Wilson)