

## BUILDING MENTAL TOUGHNESS IN TEAMS

### WORKSHOP OUTLINE

Top athletes get help with resilience and sustaining energy from psychologists because sport is a tough business full of adversity.

Corporate life in the twenty-first century is also tough and demands a high level of performance in all roles from sales to client support. This is why companies are, in the spirit of “marginal gains”, increasingly helping their people build mental toughness skills.

- A two-day workshop covering focus, resilience, motivation and empathy as key ingredients of high performance.
- Delivered by a business psychologist, the workshop draws on evidence-based tools used in sports and business.
- Highly interactive and **entirely PowerPoint-free**, the session is light on theory and heavy on practical tips and tools that can be used directly in the workplace.

Topic	Delegate Outcomes
<b>Focus</b>	How to work smarter and sustain high levels of mental energy
<b>Resilience</b>	How to bounce back from adversity
<b>Motivation</b>	How to stay motivated and persist in reaching goals
<b>Empathy</b>	How to better understand the position of customers and colleagues

“ This course should be mandatory for all employees in my opinion. It should also be mandatory in schools and for everyone in life.”

## DELEGATE TESTIMONIALS

- “ The course was fantastic by the way... The best course I’ve ever attended. ”
- “ Ian is a true pro with strong science to back up all his suggestions. Loved it; a great day and a great course. ”
- “ You have helped this company come a long way in its performance. ”
- “ It was so refreshing to join a course which was completely different to anything I have done before. We learnt tools in the last two days which I can absolutely see myself putting into practice at work. ”
- “ This is the first time that I’ve felt that the company has invested in me rather than just training me in techniques to sell more. ”

## CLIENTS INCLUDE



## CONTACT US

For further information on how a Recludo programme could help your organisation please email:  
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