

BUILDING MENTAL TOUGHNESS

““Developing the Resilience, Focus, and Confidence to Thrive in Challenging Environments””

Schedule

Date	Venue	Fees (Face-to-Face)
27 - 29 Jan 2026	Online	USD 1000 per delegate
05 - 07 May 2026	Online	USD 1000 per delegate

► Available delivery methods: Face-to-Face & Online Training

Introduction

Mental toughness is a key driver of success in high-pressure situations. It encompasses the ability to stay focused, resilient, and confident, even when facing adversity or challenges. Whether in sports, leadership, or personal development, mental toughness plays a significant role in enhancing performance and achieving long-term goals.

This 3-day intensive course is designed to help individuals at all levels build and cultivate mental toughness. Participants will learn proven techniques to manage stress, improve focus, enhance emotional resilience, and maintain a positive mindset during tough situations. This course offers practical exercises, interactive discussions, and insights from high-performance psychology.

Objectives

By the end of this course, participants will be able to:

- Define mental toughness and understand its key components
- Identify and overcome common barriers to mental strength
- Develop strategies for emotional resilience and stress management
- Enhance focus and confidence in high-pressure situations
- Apply mental toughness techniques to achieve both personal and professional goals

Why Attend

- Build resilience to overcome setbacks and challenges
- Improve emotional control and manage stress effectively
- Learn practical strategies to stay focused under pressure
- Boost your self-confidence and inner strength in any environment
- Apply mental toughness techniques to enhance personal and team performance

Target Audience

This program is designed for:

- Professionals looking to improve their performance under pressure
- Managers and leaders seeking to foster resilience and mental toughness within their teams
- Athletes and coaches aiming to enhance mental endurance and focus
- Individuals seeking personal growth and stress management strategies
- Anyone looking to strengthen their emotional resilience and self-discipline

Individual Benefits

Key competencies that will be developed include:

- Developing resilience to handle setbacks and adversity
- Strengthening emotional control and self-confidence
- Mastering techniques for maintaining focus and clarity under stress
- Enhancing mental clarity for effective decision-making
- Building a positive, solution-oriented mindset

Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Enhanced team performance in high-pressure situations
- Increased workplace resilience and stress management
- Stronger leadership and decision-making under stress
- Improved employee well-being and confidence
- A more positive and proactive work environment

Instructional Methodology

- Strategy Briefings - Key concepts in mental toughness, resilience, and performance psychology
- Interactive Discussions - Real-life case studies and group discussions on mental challenges
- Exercises - Mindset exercises, visualization techniques, and stress management activities
- Peer Exchange - Sharing experiences and strategies for overcoming obstacles
- Tools - Techniques for goal setting, visualization, emotional regulation, and self-reflection

MAWA EVENTS

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Course Outline

For Online Session (29 - 31 Jan 2025)

For Online Session (06 - 08 May 2025)

Delivery Format: Online (Live) | Platform: Zoom, WebEx or Microsoft Teams

Training Hours: 7:30 AM - 3:30 PM Daily Format: 3-4 Learning Modules | Coffee breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 - 02:00

Detailed 3-Day Course Outline

Day 1 - Introduction to Mental Toughness and Resilience

- **Module 1: Defining Mental Toughness** (07:30 - 09:30)
 - Key components of mental toughness: focus, resilience, confidence
 - The science behind mental toughness
 - The role of mental toughness in achieving personal and professional goals
- **Module 2: Developing Resilience** (09:45 - 11:15)
 - Understanding the power of resilience in overcoming challenges
 - Strategies for building emotional strength and endurance
 - Turning setbacks into opportunities for growth
- **Module 3: Managing Stress and Emotional Control** (11:30 - 01:00)
 - Techniques for managing stress in high-pressure situations
 - Building emotional regulation skills to stay calm and focused
 - Mindfulness and breathing exercises for stress reduction
- **Module 4: Workshop - Resilience Building Exercise** (02:00 - 03:30)
 - Participants engage in activities designed to enhance emotional resilience
 - Group reflection on challenges and personal experiences

Day 2 - Focus, Confidence, and Goal Setting

- **Module 5: Enhancing Focus and Mental Clarity** (07:30 - 09:30)
 - The science of focus and concentration
 - Techniques for sharpening focus under distractions
 - Overcoming mental fatigue and staying sharp
- **Module 6: Building Self-Confidence and Positive Thinking** (09:45 - 11:15)
 - Cultivating a positive mindset and self-belief
 - Techniques for overcoming self-doubt and limiting beliefs
 - Visualization and affirmation exercises to boost confidence
- **Module 7: Goal Setting for Success** (11:30 - 01:00)
 - SMART goals and the power of clear, actionable objectives
 - Aligning personal and professional goals with long-term vision
 - Using mental toughness techniques to stay motivated
- **Module 8: Workshop - Goal Setting and Confidence-Building Exercise** (02:00 - 03:30)
 - Participants set personal and professional goals
 - Group exercises on visualization and affirmations for goal achievement

Day 3 - Applying Mental Toughness in High-Pressure Situations

- **Module 9: Mental Toughness in Decision-Making** (07:30 - 09:30)
 - The role of mental toughness in making effective decisions under pressure
 - Using mental clarity and focus to weigh options and take decisive action
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Overcoming fear of failure and making bold decisions

• **Module 10: Managing Setbacks and Failure** (09:45 - 11:15)

- Strategies for handling failure and setbacks with grace
- Turning failures into learning opportunities
- Building an adaptive and resilient mindset

• **Module 11: Mental Toughness in Leadership and Team Performance** (11:30 - 01:00)

- Leading by example: developing mental toughness in teams
- Motivating teams through challenges and adversity
- Creating a culture of resilience in the workplace

• **Module 12: Workshop - Applying Mental Toughness to Real-World Scenarios** (02:00 - 03:30)

- Participants work through case studies to apply mental toughness strategies in leadership and high-pressure environments
- Group discussions and final feedback from peers and instructors

Certification

Participants will receive a **Certificate of Completion in Building Mental Toughness**, validating their ability to cultivate and apply mental resilience, focus, and confidence in high-pressure situations.

Why Choose MAWA Events

- **Global Expertise:** More than 17 years of experience in professional training and consulting.
- **Industry-Leading Faculty:** Courses delivered by seasoned professionals with hands-on experience.
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- **Client-Focused Solutions:** Customized programs designed to achieve your organisation's unique goals.

<p>In-House / Customized Training</p> <p>Interested in running this course for your team?</p> <p>Please contact us:</p>	<p>TEL:</p> <p>+601116373203</p>	<p>EMAIL:</p> <p>info@mawaevents.net</p>
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