

2 – DAY

MENTAL TOUGHNESS & RESILIENCE

CONTACT

+603 – 2713 6868

Berenice Ong/ Tesa Wang

training@pm-resources.com

www.pm-resources.com
www.pm-eschool.com

METHODOLOGY

Accelerated Learning Technique based on the 4Ps: Preparation, Presentation, Practice, Performance.

To make the training effective and thought provoking yet lively and entertaining the trainer utilises a combination of various training methodologies including a combination of expert input plus practical sessions including:

- Expert Input, Presentations
- Brainstorming and Group Discussions
- Video Clips – Reflect and Decide
- Practical Hands-on Sessions
- Exercises (Group and Individual)
- Demonstrations, Role Play
- Drama, Games and Activities – Physical and Mental
- Creative Music and Visualisation
- Stress Dance and Releasing Techniques
- CD Experience on Clearing
- Challenges and Competitions
- Course Manual, Notes and Handouts

WHO SHOULD ATTEND?

Open to everybody.

INTRODUCTION

"**Mental toughness** is the ability to resist, manage and overcome doubts, worries, concerns and circumstances that prevent you from succeeding, or excelling at a task or towards an objective or a performance outcome that you set out to achieve."

What Are The Core Distinctions Of Mental Toughness?

Mental toughness skills are an asset to have in all areas of life. Those that train and own the quality we call "mental toughness" easily rise to positions of authority and leadership in business, corporates, industries, athletics, show business, in addition to excelling in their personal lives.

Winners Mindset

The attitude of a performer that they will win or at least execute at their maximum level consistently. Their belief in themselves and their technical aptitude and training acumen is solid and unwavering.

Fostering Focus

The ability to execute at a peak level of performance in all situations without getting distracted and with complete mental clarity and ease. Some call this being "in the zone".

Stress Optimisation

The ability to manage stress and pressure in the moment a task is performed, without doubt, fear or anxiety. Or at the very least without being deterred by fear and anxiety and performing regardless. A master of stress optimisation knows how to use an extremely stressful environment to focus and better perform.

Clearing Limiting Beliefs, Unsupportive Behaviours and Unempowering Habits

Evaluating oneself honestly and clearly. Clarity is Power. Make the decision to clear a lifetime of negative programming, mostly unconscious

Perturbation: Maxing Out Limits

The ability to extract maximum physical effort in the experience of pain, mental and physical stress, physical discomfort and to perform in spite unpleasant sensory by products. That might include mental duress, physical pain or exertion.

Goal Setting, Preparedness and Taking Massive Action

This is a planning distinction and enables the performer to be prepared for any eventuality and have a backup plan for any circumstance that is predictable or otherwise. This allows the performer to be ready and to have a plan for any turn of event, to remain at ease and execute regardless of the situation.

COURSE OBJECTIVES

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

- Identify the limiting beliefs, thought patterns and unempowering habits that sabotage mental toughness and resilience
- Deal effectively with stress, distractions, tensions and pressures during challenging times
- Implement the Change Process to ensure that effective techniques and tactics are applied to remove the unwanted and unsupportive beliefs, behaviour patterns and habits
- Establish the Body-Mind connection. Mental strength has to be accompanied and supported by physical ability through breathing and lower body exercises
- Master powerful mental techniques to strengthen the mind
- Master simple, effective exercises to strengthen the body foundation
- The finale – The Grand Energy and Perturbation
- Set resilient goals and taking massive action

- You are what you say – checking your self talk and internal dialogue
- Reformate/ rewrite your language and words for more positive results
- Learn how to access the subconscious mind
- Powerful methods to change and master your mental blueprint

1. Sharing Session: Chart Your Toughness Blueprint and Mental Map
2. Evaluation Exercise: Auto-Suggestion and Self-fulfilling Prophecy
3. Unique CD Experience: Mind Frame Technique
4. Reprogramming and Reframing: Mental Negativity Into Constructive Thought

MODULE 3: BEHAVIOURS THAT DEFINE YOU, LIMITING BELIEFS AND MENTAL BARRIERS

- Be aware how thoughts and mental impressions turn into beliefs
- How we spend a life-time validating and manifesting our own limiting beliefs and unempowering habits
- Understanding the way you typically get in their own way with self-imposed barriers on performance
- The #1 best tool for reducing fear, low confidence and inconsistency
- Learn practical tools to get rid of a lifetime of negative programming, eliminate limiting beliefs and break cycle of pessimism

1. Awareness Before Change: Gaining Pleasure vs Avoiding Pain
2. Practice Session: Reprogram Negativities Into Empowering Thoughts and Beliefs (SWISH Pattern)
3. The Challenge Game: Breaking Limiting Beliefs
4. Rubber Band Exercise

MODULE 4: DEALING WITH STRESS and PRESSURE – PHYSICAL TECHNIQUES and MENTAL IMAGERY TO AFFECT THE MIND

- Understand how the brain responds to pressure and anxiety
- How stress, tension and pressure quickly erodes mental toughness and resilience
- How to get to the calm, focused state of mind using purposeful, progressive breathing
- Learn how to use mental control strategies to thrive under high stakes pressure, challenging situations, rejection, etc
- Develop skills to feel awesome and hunt the good stuff to challenge negative thought patterns
- Keeping a gratitude journal is often an effective way to practice dealing with stress as part of resilience training

PROGRAM OUTLINES

MODULE 1: MENTAL TOUGHNESS – OLYMPIC LEVEL DRIVE

- What is mental toughness and resilience?
 - Open-up a new way of thinking and training
 - How this mental toughness training will help you escalate performance and other areas of your life and work
 - Check the way you dedicate yourself and the way you think
 - 4 key elements of resilience – attention, thoughts, action and motivation
1. Demonstration: The Mental Toughness Wake Up Call!
 2. Breathing: Exhaling and Detoxing the Body
 3. Exercise: The Oxygenator
 4. Physical Exercises To Strengthen Foundation of Body

MODULE 2.: MENTAL BLUEPRINT – CONSCIOUS vs SUBCONSCIOUS MIND

- Your inner world creates your outer world – evaluate how you see the world and challenges
- The brain and mind's motivation systems

PROGRAM OUTLINES

1. Ho'oponopono Healing Meditation
2. Powerful Mind-Body Breathing and Relaxation Techniques
3. Demonstration and Practice: Emotional Freedom Technique (EFT)
4. The Gratitude Game
5. Energy Dance: To Clear Mind and To Destress

MODULE 5: FOSTERING & DEVELOPING FOCUS

- How to direct your focus towards your goals and objectives
 - Mental Skills Training for controlling the distractible mind
 - Empowering versus unempowering questions
 - How resilient people direct attention to the positive and negative events in their lives
 - Shifting focus from problems to solutions
1. Experiment: The Brown Room
 2. Take The Focus Challenge
 3. Group Exercise: Reframing your Questions
 4. Hands On Session: Changing Your Life Story and Script

MODULE 6: ENERGY MANAGEMENT AND THE WAY YOU USE YOUR BODY

- The person with the highest ENERGY always WINS
 - Discover the million dollar secret behind energy, initiative and positivity
 - How to change your state by changing your physiology
 - Anchoring your favorite emotion
 - Designing self-persuaders and the power of gratitude
1. High Impact: The Grand Energy
 2. Rejuvenation Session: Peak Performance Techniques
 3. Anchoring Exercise: Mental Toughness and Resilience
 4. Hands On Session: Changing State Instantly

MODULE 7: ADVANCED MENTAL TRAINING – MENTAL IMAGERY, THOUGHT SHAPING and SHIFTING REALITY

- Understanding the brain functions that affect performance
- Controlling the mental factors that hurt performance

- Learning how to get the brain into a high performance “zone” mindset
- What is Visualisation and why is it so important?
- Techniques for increasing the power of mental images
- Using imagery to manage emotions, improve concentration, enhance confidence and solve problems
- Using visualisation to prepare the mind for peak performance and mental toughness
- Develop your own pre-call performance routine to get your brain into the peak performance zone mindset at the start of each challenge
- Develop your own post-call performance routine to clear your mind of what happened on the previous call and reset their emotions, so a bad call doesn't have lingering effects

1. Visualisation Session
2. Association And Dissociation
3. Practicing Sub-modalities
4. Mental Toughness Exercises For Increasing your Theory Of Mind Awareness

MODULE 8: DEALING WITH EMOTIONS INCLUDING FEAR

- The controlling forces that direct your life
- How to let go of fears holding you back
- More mental toughness methods for maintaining high performance focus under tension and pressure
- Learning to cope: be resilient
- Building strong intrinsic motivation

MODULE 9: SETTING RESILIENCE GOALS and ACTION PLAN TO DEVELOP SUSTAINED RESILIENCE and ENHANCED EFFORT

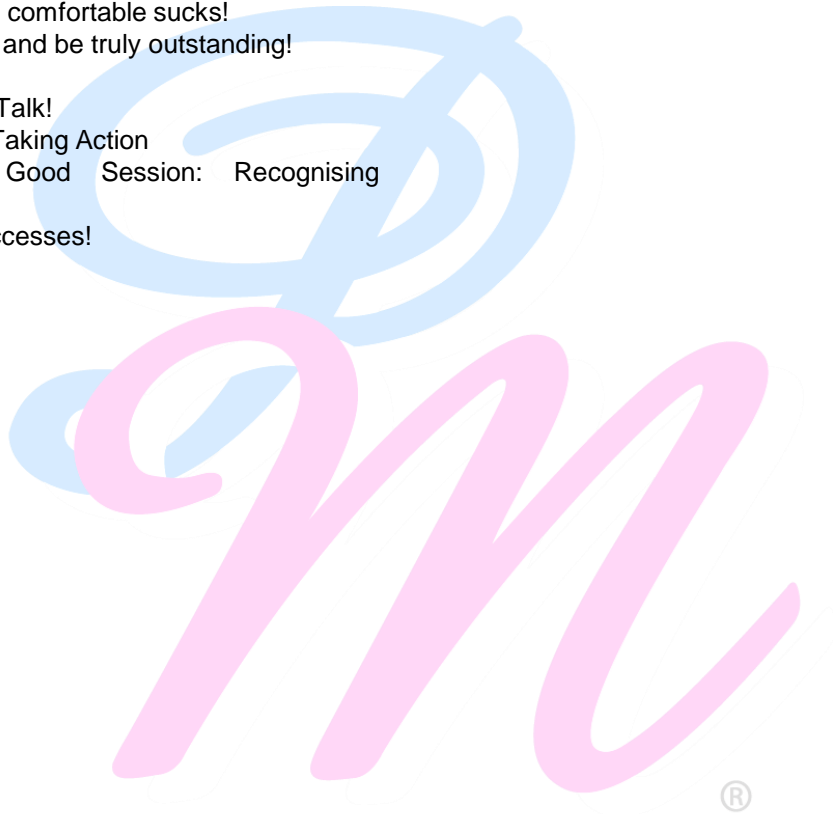
- Define your resilience goal – know where you are right now
- Decide what you need to develop resilience
- Make plan for steady improvement
- Pursue regular action
- Commit yourself completely and consistently monitor your progress
- Resilience Training Using S.M.A.R.T Goals

1. BREAKTHROUGH: Crush The Wall
2. Hands On Session: Intention Activators
3. Affirmation Exercise
4. Competition: Creating A Vision Board

PROGRAM OUTLINES

MODULE 10: HOW TO MOVE MOUNTAINS: PERFORMANCE and TAKING MASSIVE ACTION

- Surviving and thriving in tough environment requires action
 - Specific steps to take to silence critics and naysayers
 - How to always go the extra mile in your work
 - Discover why being comfortable sucks!
 - Rise from the norm and be truly outstanding!
1. Activity: Walk The Talk!
 2. Practice Session: Taking Action
 3. Awesome Feel Good Session: Recognising Achievement
 4. Celebrating All Successes!



PM Resources Sdn. Bhd.
(CO. No. 199801010558)