

# Mental Toughness

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## Course Description:

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At its core, mental toughness is simply the ability to stick to something when the going gets tough. There are certain traits that all those who are mentally tough seem to possess. They are highly motivated; they have a positive mindset, self-control, self-awareness, can deal well with pressure, and are energetic. All of these traits can be developed.

## Course Objectives:

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Just as a person can develop their physical muscles, our mental muscles can be developed as well. Learning how to view challenges as opportunities puts you in control of your life.

In this course, participants will:

- Learn the steps to building resilience.
- Learn how to overcome the internal resistance to change.
- Develop the mental toughness to see things through.
- Learn how to stage a comeback after a setback.
- Learn the eight steps to developing Mental Toughness.
- Grow into the person that is bigger than your problems.
- Understand how your mind affects your results.
- Learn about the five intellectual faculties.
- Develop a powerful self-image.
- Learn the steps to overcoming fear.

