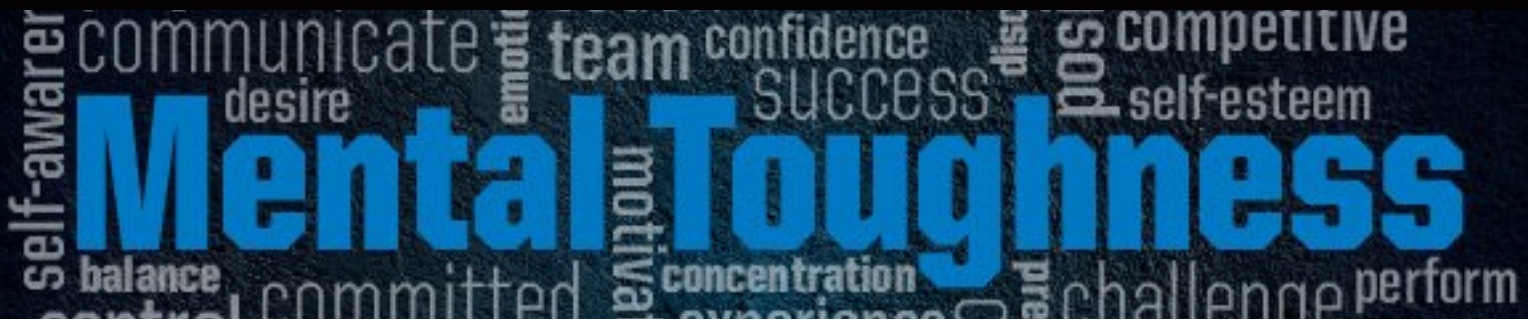




# WARRIOR STRATEGIES



## Mental Toughness For Life

### Program Overview

Mental toughness is a state of mind that is developed by keeping strong Psychological Edge in the face of adversity. It's the ability to keep your focus and determination despite the difficulties one encounters.

Mental Toughness Skills enables development of self resilience and confidence that gives any individual the ability to thrive under difficult and challenging conditions. In this training we will explore Understanding Fundamentals of Mental Toughness in dealing with challenges and adversities in our current field of operations and apply mitigating measures to manage uncertain situations in the face of changes.

**The comprehensive mental toughness training programme will enhance professional skills through the systematic use of applied sport & performance psychology principles and life skills success strategies**

### Program Objectives

- Learn the secrets of high performing athletes and entrepreneurs and how they overcome adversity in challenging times to achieve success.
- This training provides essential tools and methods to master Mental Toughness Game plan, improve Performance and Resilience
- Discover level of resilience and how to use that to overcome your vulnerabilities and take your productivity to new heights
- Learn the art of resilience to enable you to perform and achieve your best results

# MENTAL TOUGHNESS

## Training Options

Mental Toughness For Life Workshop (4 Hours)

- This is an Awareness based training that highlights the Fundamentals and needs of Mental Toughness for anyone interested to enhance performance

Mental Toughness For Life (1 Day Training: 8 Hours)

- This is an immersive training course that entails all the Mental Toughness Essentials , Strategies and Science Based Methodology to enhance performance

**This comprehensive Mental Toughness training provides essential tools and methods to master your Game-plan, improve Resilience and Develop Mental Toughness you need to achieve your goals in Life, Work and Performance**

## Program Outlines

- State Management – Managing and Enhancing Individuals Performance States
- Goal-setting – Increasing commitment to goals through goals action plan
- Imagery – Applying imagery & mental rehearsal skills to envision excellence
- Self-Talk – Thinking positively and optimistically under pressure and stress
- Performance Routine– Developing key performance routines
- Resilience – Developing Inner Strength to face any adversities
- Energy Management – Integrating Recovery, Rest and Nutrition into daily energy cycles

## Contact Details

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