

# MENTAL TOUGHNESS

Workshop - 2 hours **\$150.00 plus gst**

One-to-one training (per hour) **\$180.00 plus gst**

Mental toughness is a learned process that provides superior resilience. Measure your Mental Toughness and learn ways to meet and overcome the adversities and hardships that cause others to stumble or slow down.

#### WHO SHOULD ATTEND:

- ▶ Those who want to increase their own mental toughness, and the resilience of their organisation, and their people.

#### BENEFITS:

- ▶ Be persist against adversity and setbacks
- ▶ Be composed under pressure
- ▶ Embrace changes at work and life in general

#### TOPICS:

- ▶ What is mental toughness and how to develop it
- ▶ Characteristics of mental toughness
- ▶ Developing mental toughness
- ▶ 9 tips to mental toughness

#### REGISTRATIONS:

Contact Natalie on 869-1445

Email: [gistraining@bdo.co.nz](mailto:gistraining@bdo.co.nz)

Online: [www.buseducation.com](http://www.buseducation.com)

#### IN-HOUSE TRAINING:

Would your organisation benefit from customised training? We will deliver any of our programmes in-house and tailor them to the specific needs of your organisation.

#### CANCELLATION POLICY:

If a registrant wishes to cancel, five working days notice is required to receive a refund, less a 10% administration fee. If you are unable to give five working days notice, arrangements can be made at the discretion of BDO Training to transfer to another workshop or for another person to attend. Unless such notice is given, full workshop fees are payable and refunds will not be given.

BDO Training reserves the right to cancel or postpone a workshop. At this time you can either:

1. Receive one-on-one training on the workshop topic; or
2. Transfer to another workshop (if you are using a NZTE Capability Development Voucher, please contact the Regional Partner to see if this can be transferred); or
3. Have the workshop fee refunded in full.