

Mental Toughness for Employability

Supported by AIM Awards qualification - 'Award in Personal Potential'.

Improve Performance

You will prove to yourself the importance of these skills and you will be empowered to use them, this will be an informed decision based upon huge improvements in performance throughout the activities.



Assessing Performance

You will be assessed throughout the course by simply reviewing each activity and offering responses which will be recorded.

Awarding Performance

'Award in Personal Potential' is a very worthwhile addition to your CV as employers recognise the importance and need for these skills.

It is time to recognise how tough you are and realise your potential – this course will help you do just that!

The most important skills employers need require people to be mentally tough.

Here's a list of the life skills that today's employers value most:

- Effective Communication
- Creativity
- Problem-solving
- Collaboration
- Adaptability
- Positivity
- Learning from criticism
- Working under pressure

Mental Toughness is about an employee's ability to deal with pressure / stress that they encounter on an day-to-day basis at work.

Course Philosophy

1 Enjoy

Have loads of fun whilst developing the most important skills employers need and want.

Engaging, fun, activity based 2 day (12hrs) course. Team and Individual challenges and problem-solving tasks

2 Develop

Improve your CV - Gain a Qualification.

Ofqual approved Qualification 'Personal Potential' Level 1 (AIM Awards)
Certificate of Attendance – 'Mental Toughness for Employability'

3 Build confidence

Be empowered – get a 'CAN DO' attitude

Make informed decisions to become the best version of YOU by developing skills that you will use for life.

4 Self Awareness

Just how Mentally Tough are you?

Complete MTQ48 measure to assess individual and group 'Mental Toughness'

5 Wellbeing

Feel Positive – a few simple steps!

Practical ways to look after your health and wellbeing. Mentally Tough people feel more content, manage stress better and are more ambitious.

No written assessments or tests - All assessment criteria met through recorded responses (Video/Voice/Scribed – Depending upon setting). **Loads of support if required** - Delivered by highly experienced facilitators who are passionate about improving others.