

Building Resilience

Recommended for everyone who operates in a demanding environment and needs to develop their toughness.

WHAT IT'S ABOUT

Managing and renewing one's energy to make the most of your time and avoid burnout.
Developing personal mental toughness and being more resilient as a result.
Dealing with stressors, pressure, and challenges in an effective way.

TRAINING AIMS

By the end of the course, the participants will be able to:

- leverage the 4 sources of energy to improve productivity and increase emotion control;
- analyze their current habits in terms of what works and what doesn't and draft a personal development plan;
- check their current mental toughness using an MT Questionnaire ;
- apply techniques for developing mental toughness;
- identify work-life stressors and find ways to remove or control them.

DURATION & COMPONENTS

Pework	Participate in individual interviews (0.5h/person) Complete MTQ 48©: online tool checking mental toughness
Session 1	Workshop: Energy Management (3h)
Session 2	Workshop: Mental Toughness (3h)
Session 3	Workshop: Stress Management (3h)
Throughout the course	21-day habit formation program, with 5–15 min daily tasks on energy, mental toughness, and stress management (2h–4h over 3 weeks)
Time commitment per participant	10h of online workshop 0.5h of individual pre-course coaching Up to 2h–4h of individual work (approx. 5–15 min a day e.g., filling in MTQ48, habit formation tasks) spread over the course

- Digital Materials: slide decks, tasks, MTQ report

TRAINERS

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For trainer profile please go to <https://accentbusiness.pl/team/>

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