

# Building Resilience

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

## WHAT IT'S ABOUT

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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

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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

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Prework	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)
Post-call	Summary call: sharing habit formation and training application observations as a group (1h)
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 3 weeks of the course

- Digital Materials: slide decks, tasks, MTQ report

## TRAINERS

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**Monika Madoń**

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

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**For more information, please contact us:**

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