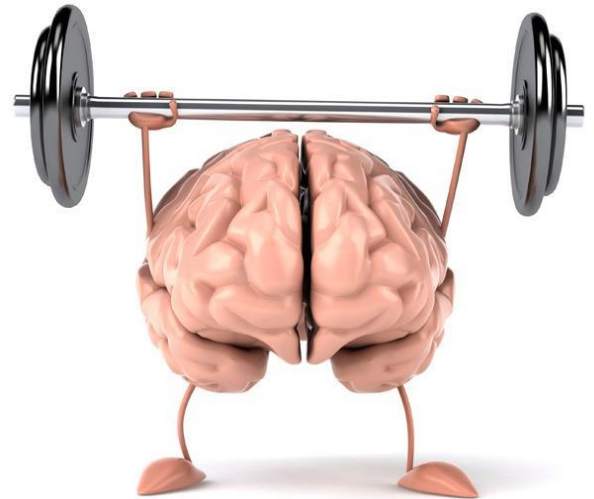


Mental Strength

Building perseverance and energy to enhance performance and relationships
One Day Workshop

Mentally strong people keep task-focussed and are more persistent than their colleagues who falter and give up. They have a significant competitive advantage in personal productivity and employment value



Leaders, specialists and team members all benefit from learning how to keep task-focussed and become more persistent than their colleagues who falter and give up.

When they fail, they understand that failure is a necessary part of moving forward, focussing on learning from the experience.

The outcome is that they are able to remain composed under pressure and less vulnerable to emotional slumps at work and at home.



What previous participants have said

- It was an eye-opener and it has empowered me to reclaim my potential
- It has helped me realise my inner strength and how to deal with challenges
- Excellent presentation that empowers you to be the leader and person you want to be

What does Mental Strength training cover

- Understand your natural inclination and how to interpret positive and negative events in your lives
- Learn alternative ways of interpreting events and ultimately how to create a different story
- Provides tools to enable you to remain composed under pressure and less vulnerable to emotional slumps

Our facilitator



Rod Warner

Rod is based in Cape Town and heads up Building Resilience. He has wide consulting experience and in-depth experience in learning, design facilitation and skills development. He has researched, developed interventions, presented and published in the field of mental strength, building resilience, change management and organisational performance. His book **“The Building Resilience Handbook”** is in its second print.

IN-HOUSE WORKSHOPS

Our recommendation is that this world-class intervention should be run as part of your in-house management development curriculum, at a venue and on a date that is convenient for you.

For more information about this cost-effective option, please contact **Kym Jackson** on **082 453 9393** or kym@symphonia.net