

Programme outline

MTQ Licensed User Training

Understand Mental Toughness and its implication on *performance, behaviour* and *wellbeing*.

- Be confident about using the MTQ measures with individuals and organisations in *handling feedback*.
- Understand its wide range of *applications* – in education, the workplace, social settings, health etc.
- Understand how Mental Toughness can help individuals to deal with *stress, pressure* and *challenge*.
- Understand how the measure can help to develop individual and organisational *performance*.



Programme outline

Day 1 – Start day 09:30

| Topic | Approx Duration |
|---|--------------------------------|
| Introduction to the MTQ Licensed User Training <ul style="list-style-type: none"> An overview of the key outcomes of the programme The myths about Mental Toughness. The definition of Mental Toughness The importance of Mental toughness | 60 mins |
| Origins of Mental Toughness <ul style="list-style-type: none"> Development of the concept | 30 Mins |
| Coffee Break | 15 Mins – 11:00 – 11:15 |
| Control <ul style="list-style-type: none"> Explaining the Control scale and its two subscales | 60 Mins |
| Commitment <ul style="list-style-type: none"> Explaining the Commitment scale and its two subscales | 60 Mins |
| Lunch | 45 Mins – 13:00- 13:45 |
| Challenge <ul style="list-style-type: none"> Explaining the Challenge scale and its two subscales | 60 Mins |
| Confidence <ul style="list-style-type: none"> Explaining the Confidence scale and its two subscales | 60 Mins |
| Coffee Break | 15 mins – 15:45 – 16:00 |
| Summarising the Mental Toughness Model | 10 Mins |
| Independent Evidence for The Mental Toughness Model <ul style="list-style-type: none"> examining the independent evidence for the model of Mental Toughness | 15 Mins |
| Current Thinking <ul style="list-style-type: none"> Examining the current (and future) thinking related to the Model of Mental Toughness An overview of the findings of key authors and journalists | 30 Mins |
| Close Day 1 | 17:00 |

Day 2 Start Day 09:00

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| An Introduction to Psychometrics <ul style="list-style-type: none"> Introducing the key psychometric properties of Mental Toughness | 30 Mins |
| The MTQ Measures <ul style="list-style-type: none"> Introduction to the MTQ product family Best practice Common Issues | 30 Mins |

Programme outline

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|---|--------------------------------|
| <ul style="list-style-type: none"> • Outputs from the MTQ measures | |
| Stress Management <ul style="list-style-type: none"> • How Mental Toughness has helped our understanding of stress, • Stress management • Peak performance. | 20 Mins |
| Using the MTQ measures The principals of test administration | 10 Mins |
| Coffee Break | 15 mins – 10:30 – 10:45 |
| Handling Feedback 1 <ul style="list-style-type: none"> • Basic Principals • The process • Preparing for discussion | 60 Mins |
| Handling Feedback 2 <ul style="list-style-type: none"> • Interpretation of MTQ profiles • Interplay between scales • Group profiling | 60 Mins |
| Lunch | 45 mins – 12:45 – 13:30 |
| Developing Mental Toughness <ul style="list-style-type: none"> • An introduction to Mental Toughness development techniques | 120 Mins |
| Coffee Break | 15 Mins – 15:30 – 15:45 |
| Applications of Mental Toughness <ul style="list-style-type: none"> • Related Concepts • Sector specific applications | 60 Mins |
| Summarise and Close | 15 Mins – 17:00 |

