

Home > BUSINESS >



BUSINESS

Mental Toughness Guru Doug Strycharczyk Comes To Bucharest

By Romania Journal

Last updated Jan 27, 2020

Well known British entrepreneur and researcher, Doug Strycharczyk who, together with Professor Peter Clough – renowned sports and occupational psychologist, have developed world's famous, internationally recognized test MTQ Plus that assesses the level of "mental toughness" in athletes, managers and in the field of education, comes to Bucharest for a certified training in Mental Toughness.

Doug Strycharczyk, CEO of AQR International and Professor Peter Clough of University of Huddersfield, Great Britain, have, for the first time in history of psychology, operationalized the concept of Mental Toughness through development of a Mental Toughness Assessment. Its latest version, MTQPlus, is a unique, valid and reliable psychometric measure, which assesses

individual and group level of mental Toughness. It is now one of the most widely used
This website uses cookies to improve your experience. We'll assume you're ok with this, but you can opt-
measures in the world of work, education, social settings and sports.
out if you wish. [Accept](#) [Read More](#)

Doug Strycharczyk is now coming to Romania to run the first in Romania Mental Toughness Certification Programme based around MTQPlus and updated concept of Mental Toughness.

Mental Toughness is a plastic personality trait. Rooted in the notion of resilience, moves beyond this by adding ideas from the world of positive psychology. It is one of the most important attributes, on the basis of which an individual ability to perform and to succeed can be predicted.

“Mental Toughness describes the mindset a person adopts in what he does. It’s a personality trait that largely determines how people respond to challenges, stress and pressure, regardless of circumstances”, explains Doug Strycharczyk, founder of AQR International, UK, which works with research centers of major UK universities, and co-creator of the MTQ Plus test.



Unlike most psychometric tests that analyze either behaviors (how we act) or emotions (how we feel), Mental Toughness MTQ Plus tests analyze how we think, the main trigger of human actions and emotions.

More than 30 years of research enabled Doug Strycharczyk, Professor Peter Clough and a team of associated psychologists, to develop the latest framework of the 4C’s model of Mental Toughness. It consists of 4 components (Control, Commitment, Challenge, Confidence), and 8 sub-scales (Life & Emotional control, Goal & Achievement Orientation, Risk & Learning Orientation, Confidence in Abilities & Interpersonal Confidence).

“MTQ Plus is a normative psychometric test, this means, that test results for an individual are compared to test results for a relevant norm group which represents the population at large. It enables users to assess their scores before and after a training or development program has been undertaken. Testing evaluates the level of control over life situations and emotions, dedication to goals and expected successes, risk orientation and ability to learn from failures and confidence in existing skills, the possibility to develop new skills and to influence others”, adds researcher Doug Strycharczyk.

Doug Strycharczyk will come to Bucharest on February 20th and 21st, for a certified training session that addresses the human resources specialists and the general managers and middle management teams in the companies. The certified training starts from the evaluation of the Mental Toughness level of each delegate.

Doug is the general manager of the consulting company AQR International – founded in 1989 in UK. AQR is internationally recognized as one of the most innovative creators of psychological tests in the world, with presence in over 80 countries. British academician John Adair, renowned for his contribution to Leadership, recognizes in a BBC broadcast, MTQ as an “extremely effective” tool.

out if you wish. Accept Read More

In recent years, Doug has collaborated with Professor Peter Clough to study and define the concept of Mental Toughness and to create the most important test in the world. Doug is now recognized as an authority in applying Mental Toughness techniques to organizations and sports teams.

Doug Strycharczyk is the CEO for AQR International – founded in 1989, AQR is now recognized as one of the most innovative (and fast growing) test publishers in the world working in more than 80 countries.

In recent years, Doug has worked with Professor Peter Clough to define Mental Toughness and to create the world's leading measure of mental toughness. Doug is now recognized as a leading authority on the application of mental toughness to organizations of all types and to the world of education.

[british](#)[Bucharest](#)[certified training session](#)[Doug Strycharczyk](#)[Entrepreneur](#)[mental toughness](#)[researcher](#)

Romania Journal

© 2019 - All Rights Reserved.

Website Design: Mentor Marketing&Distribution

This website uses cookies to improve your experience. We'll assume you're ok with this, but you can opt-out if you wish. [Accept](#) [Read More](#)