

# Mental Toughness Conference 2026

Budapest | May 13-14, 2026

## Meet Our Speakers

### Dare Communication

**“Strong Enough to Slow Down” – The Paradox of Performance**

### About the speakers

Hungarian-based organisational development and communication consultancy that focuses on helping individuals, teams, and companies communicate more effectively and build better workplace culture.



This session presents an organisation-wide, multi-level leadership and mental toughness development program designed for companies facing high pressure and ambitious strategic goals. Implemented in a market-leading organisation with 90 leaders, including 60 regional leaders managing large teams, the program focused on strengthening leadership resilience, focus, and energy management.

The development was based on MTQ (Mental Toughness Questionnaire) diagnostics, which identified individual and organisational mental patterns influencing performance, decision-making, and change management. Building on these insights, DARE Communication designed personalised interventions at individual, group, and organisational levels, aiming for lasting behavioural change rather than knowledge transfer.

The program combined work-embedded micro-interventions, structured reflection, and peer learning, tailored to different regional cultures and leadership maturity levels. As a result, leaders improved their self-regulation, stress tolerance, and ability to operate consciously under pressure, while also shaping a healthier team mental climate that supports sustainable performance and burnout prevention.

