

Mental Toughness Conference 2026

Budapest | May 13-14, 2026

Meet Our Speaker

Dr Natalie Robson

Vention Global Consulting

Mental Toughness in a Modern Gulf Defence Force: Emerging Insights from GCC Defence Cohorts.



Presenting a recent study that examines mental toughness patterns in a confidential sample of 300+ GCC Defence personnel who completed the MTQPlus assessment. The session will focus on what mental toughness looks like in a modern Gulf defence context. The discussion will consider how commitment, confidence and responses to challenge may be shaped by operational demands, collectivist norms and deference to higher authority, and how these factors could influence perceptions of control, risk and responsibility. Potential implications for selection standards, behavioural training, and resilience-building will be outlined, alongside ideas for future research that link mental toughness insights to developing leaders, strengthening teams, and supporting sustainable performance in sensitive, high-risk roles.

About Natalie

Dr Natalie Robson is an organisational psychologist with over 17 years of experience in the Middle East. She designs and validates assessment programmes for the defence and intelligence services, integrating psychometrics and training data to strengthen selection, resilience, and leadership pipelines across complex, high-risk environments within the wider GCC region.

