

Mental Toughness Conference 2026

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Meet Our Speaker

Doug Strycharczyk

AQR International

**Where Next for the
Mental Toughness
Concept? For the
Practitioner, There Are
No Limits**



“All truth passes through three stages: first, it is ridiculed; second, it is opposed; and third, it is accepted as self-evident.”
Arthur Schopenhauer

In taking this concept from a raw idea to its current state, we have experienced all three of these stages and are now seeing its recognition as a mainstream and valuable approach to developing people and organisations. The concept, together with MTQPlus, is unique in many ways. It is the product of close collaboration between academics and practitioners, is strongly evidence-based, and challenges the relevance of many popular and traditional approaches. In this session, we explore that journey and examine why the development of a strong practitioner community—one that both champions the concept and the MTQ measures, while actively contributing to their ongoing development—is essential to its continued growth and impact.

About Doug

Doug is the CEO of AQR International, an organisation that has played a central role in the global acceptance of the Mental Toughness concept and the MTQ measures. He has been engaged with the concept since it was first proposed by Peter Clough and, alongside John Perry, is one of the three co-developers of both the concept and its associated measures. Doug brings a strong practitioner's perspective, focusing on where and how Mental Toughness can be applied to benefit people, teams, and organisations of all types across the globe.

