

Mental Toughness Conference 2026

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Meet Our Speaker



Toni Molyneux Roberts

AQR International

From Surviving to Thriving: Mental Toughness as a Catalyst for Student Success – A Case Study



Transitions in education are often the moments where students are most vulnerable — and where the right mindset can make the biggest difference. This session will explore how the Mental Toughness framework can be applied to strengthen students' confidence and adaptability to manage pressure during key milestones.

Drawing on recent projects within UK schools and colleges, this session will highlight how developing mental toughness links to improvements in attainment, engagement, and wellbeing - helping students not only cope with transition — but thrive through it.

About Toni

Toni Molyneux Roberts is a Business Psychologist at AQR International, specialising in the application of mental toughness in education. She designs development programmes that support student transition, confidence, and wellbeing. Toni works with schools, colleges, universities and practitioners to embed practical, measurable approaches that enhance performance, resilience, and long-term learner success.

