

Mental Toughness Conference 2026

Budapest | May 13-14, 2026

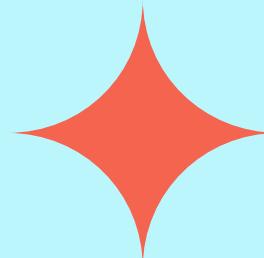
Meet Our Speaker

Alessia Mevoli

Anglia Ruskin University

Embedding Mental Toughness in Higher Education:

The MAFA Approach to Building Student Confidence, Resilience and Employability



This session explores how Mental Toughness can be effectively integrated into higher education to enhance student wellbeing, self-awareness, and employability. Drawing on the experience of Anglia Ruskin University in Cambridge, Alessia introduces the MAFA (Mental Agility, Flexibility and Adaptability) programme—an innovative, student-centred initiative designed to help learners strengthen confidence, adaptability, and self-belief in both academic and professional contexts.

The session highlights how MAFA provides a safe and inclusive space for students to reflect on their strengths, develop soft skills through peer learning, and build mental toughness to navigate change and uncertainty. With over 150 undergraduate and postgraduate students successfully completing the programme, the presentation demonstrates measurable improvements in self-confidence and mental agility, offering practical insights into embedding mental toughness within university curricula to support both personal development and workplace readiness.

About Alessia

Alessia Mevoli is a Senior Lecturer in Management Studies and MBA Course Director at Anglia Ruskin University (ARU) in Cambridge. Her work focuses on developing mental toughness and resilience in higher education, linking personal growth with employability. Alessia developed and leads the award-winning MAFA (Mental Agility, Flexibility and Adaptability) programme at ARU. Her research and teaching explore how education can empower individuals to thrive in complex and changing professional environments.

