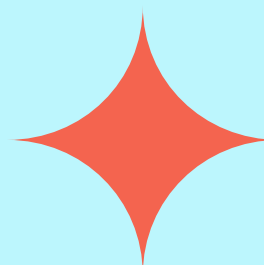


# Mental Toughness Conference 2026

Budapest | May 13-14, 2026

## Meet Our Speaker



### Edit Kővári PhD

University of Pannonia

#### **Embedding Mental Toughness in Higher Education:**

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 the University of Pannonia in Veszprém, Hungary. Twenty students from the Faculty of Business and Economics participated in a 14-week Mental Toughness Questionnaire (MTQ) course. Ten students completed a pre-course MTQ assessment, followed by a ten-week programme of specialised and personalised training. These students then completed a post-course MTQ assessment. The remaining ten students formed a control group; they did not complete MTQ testing but participated in the same training programme. Throughout the course, all students maintained reflective diaries and took part in individual coaching sessions. The session concludes with a discussion of the quantitative pre- and post-test results alongside qualitative reflections on personal development, with the presentation demonstrating the outcomes.

#### **About Edit**

Edit founded the Faculty's Mentor Programme. She also works with Hungarian settlements' decision-makers, influencers and entrepreneurs to develop an active business and cultural community in the Balaton region. Edit has been involved in many Erasmus + projects mainly on soft competence and business skills development. She has been involved and created three digital and online learning materials for sport veteran athletes, secondary teachers and tertiary educators and university students within the last 10 years. Edit qualified as an MTQ trainer in 2024. Her main research, training and coaching area is emotional intelligence, attitude development, communication skill development and conflict management.

