

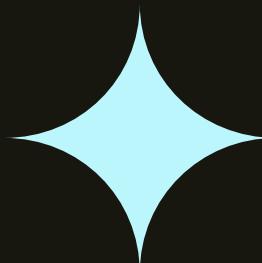
# Mental Toughness Conference 2026

Budapest | May 13-14, 2026

## Meet Our Speaker

### Rebecca Herbert

Independent Parliamentary  
Standards Authority



### It's Not Kind to Be Nice: Who Cares Wins

What does it really mean to care for your people — especially when the pressure is on? In this session, Rebecca shares how IPSA used Mental Toughness to build a profile of their people and design a resilience plan that helped them deliver a landslide national election.

We'll explore how these insights can shape contingency planning and support leaders to do the right thing — not the easy thing — even when it's uncomfortable. Expect practical lessons on building a culture where people feel trusted, supported, and ready to meet challenges with confidence and a smile. If you want to scratch beneath the surface of wellbeing in order to build a team that's strong, kind and capable — this is your session.

### About Rebecca

Rebecca Herbert helps organisations cut through complexity and build resilient, high-performing teams. A specialist in organisation design and development, she turns complexity into clarity and helps teams thrive under pressure—using mental toughness to build resilience and improve performance. She champions leadership that's bold, kind and effective.

