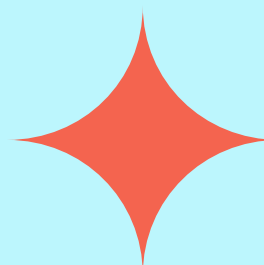


# Mental Toughness Conference 2026

Budapest | May 13-14, 2026

## Meet Our Speaker



### Zoltán Csigás

AQR Hungary

#### Coaching with Mental Toughness in Mind



Zoltán's session explores Mental Toughness as more than just a psychometric—it's a powerful lens for understanding how clients navigate pressure, challenge, and change. He will unpack how the Mental Toughness model can strengthen hypothesis building, shape coaching interventions, and deepen the coaching relationship.

Expect thoughtful questions and sharp insights:

- How do both client and coach profiles shape the coaching journey?
- What blind spots emerge when we rely too heavily on any model?
- When does MTQ add real value—and when should coaches step back from tools altogether?

Participants will walk away with increased awareness, practical strategies, and a clearer sense of how evidence-based frameworks can support transformation—or sometimes get in its way.

### About Zoltán

A psychologist and EMCC Master Practitioner Coach, Zoltán combines scientific rigour with pragmatic curiosity. With two decades of experience as a coach, consultant, and researcher—and as former Vice President of Research at EMCC International—he is known for elevating standards, challenging assumptions, and bringing a deeply human approach to development.

