



Building mental resilience

As all top sportsmen and women know, the way we think can mean the difference between winning and losing and, in the world of work, it also makes the difference between feeling positive or negative; thriving or barely surviving; achieving or failing. Managing our mind is key to performing at the top of our game. This session is designed to shed light on the science of thought, identify key thinking patterns and provide strategies to enable you to think your way to achievement.

Around 2 hours • Face-to-face or virtual • Typically 4-15 participants • Supported by course notes • Interactive

Key course elements

The science of thinking

- Understanding the importance of thoughts and thinking and exploring how and why the way we think is key for enabling us to perform at our best

Negative automatic thoughts - (G)NATs

- Recognising and examining our own common negative, automatic thoughts and thinking patterns. Understanding how we can inadvertently self-sabotage, and hinder our own success

Positive automatic thoughts - PATS

- Recognising and examining common positive automatic thoughts and thinking patterns and how altering thinking patterns alters both experience and ability

How to think for performance

- Identifying and utilising scientifically proven techniques implemented by top performing athletes and business people to optimise thinking patterns and achieve results

Participants will learn to...

- Understand the importance of thoughts and thinking
- Identify their personal unconscious automatic thinking patterns
- Implement strategies based in cognitive behavioural therapy (CBT), neuro linguistic programming (NLP) and mindfulness to address unhelpful, negative thinking patterns
- Utilise techniques based in CBT, NLP and mindfulness to enhance positive thinking patterns
- Engage a positive mental attitude in the midst of challenging situations
- Use thinking strategies to promote high performance under pressure