

## MIND GYM: MENTAL TOUGHNESS AT WORK

<b>Start Date:</b>	10/08/2026	<b>End Date:</b>	14/08/2026
<b>Categories:</b>	Soft Skills	<b>Venues:</b>	Barcelona
<b>Formats:</b>	In Person	<b>Instructors:</b>	

### OVERVIEW

This energizing course helps participants develop mental resilience and stress control strategies for high-performance environments. It draws on sports psychology, cognitive behavior tools, and practical workplace routines.

### OBJECTIVES

By the end of this course, participants will be able to: – Identify their personal stress triggers and performance blockers. – Use self-regulation techniques to stay focused and composed. – Reframe negative thinking and bounce back from setbacks. – Apply mental routines to improve motivation and productivity. – Maintain well-being and resilience during high-pressure tasks.

### COURSE OUTLINE

1- The Science of Mental Toughness and Workplace Stress 2- Focus, Self-Talk, and Energy Management 3- Reframing Setbacks and Emotional Resilience 4- Motivation Triggers and Flow States 5- Mental Fitness Routines and Habit Building

### TARGET AUDIENCE

All Supervisory Levels, Leaders, high-performers, frontline professionals, and teams in demanding roles or undergoing change.

### METHODOLOGY

Mental strength drills, self-assessments, biofeedback tools, resilience challenges, and group coaching.

### CONCLUSION

Participants will leave with a personal 'mental fitness toolkit' to enhance focus, energy, and resilience on the job.

### DAILY AGENDA

### **Day 1: Building Mental Awareness**

Assess current mental fitness levels and define toughness in high-performance settings.

### **Day 2: Control and Self-Regulation**

Practice calming, grounding, and stress interrupt techniques.

### **Day 3: Resilience and Reframing**

Develop reframing tools and responses to pressure and failure.

### **Day 4: Sustaining Motivation and Focus**

Trigger motivation and maintain engagement through flow-based tools.

### **Day 5: Mental Fitness Toolkit**

Build daily habits and reinforcement practices for long-term resilience.

*For more information, please contact us:*

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