

MIND GYM: MENTAL TOUGHNESS AT WORK

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|--------------------|-------------|---------------------|------------|
| Start Date: | 10/08/2026 | End Date: | 14/08/2026 |
| Categories: | Soft Skills | Venues: | Barcelona |
| Formats: | In Person | Instructors: | |

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.

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For more information, please contact us:

Email: info@gatewayconsulting.com | Phone: +96522968641

<https://gatewayconsulting.com>