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MIND GYM: MENTAL TOUGHNESS AT WORK

Start Date:	09/11/2026	**End Date:**	13/11/2026
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.

For more information, please contact us:
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