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Why do some people thrive under pressure?

Why do some people only stumble whilst others fail, in the face of adversity?

Why do some people have the resilience to keep going when the going gets tough?

Why do some people remain in control when others lose their heads?

Food for Thought

Character consists of what you do on the third and fourth tries

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Winning with
Mental Toughness
Issue 1

Developing your Resilience

The Power of Mental Toughness

What a result, second only to China in the medals table at the para-olympics; how inspirational is that?

However it is when we reflect on the challenges that all of our para-olympic athletes have faced in their lives; we realise how outstanding their achievements really are.

These athletes surely have demonstrated real "Mental Toughness". So what is Mental Toughness? It is defined as:

"the ability to consistently perform towards the upper range of your capabilities regardless of your circumstances or the competitive situation"

Receiving a gold medal to the sound of the national anthem isn't in itself, Mental Toughness; Mental Toughness is as much about the exhausting training on those cold dark winter mornings as the memorable moments of glory.



The Mental Toughness of all these athletes, whatever their ability, has been key in them reaching their goal, standing on the olympic podium and having a gold medal hung around their neck.

Our para-olympians have

all had their own personal challenges to face; they have all performed right at the top of *their* capabilities; and they have achieved this in a highly competitive environment.

It was during the long hours of training prior to Beijing that their drive and resilience has paid off, they kept going where others might have given up.

Our para-olympians have risen to the challenges of their individual abilities and taken control, they've demonstrated real commitment, and they have shown belief in themselves; this is true Mental Toughness

Time to Develop your Resilience

The Olympics have provided us with some real relief in a period when the news seems increasingly gloomy. It is true, we are experiencing challenging economic times, there is a real lack of certainty, business confidence seems low. The changes we see are impacting all over the world.

Perhaps we should take a leaf from our Olympians book and look to our levels of Mental Toughness. Considering the en-

vironment we find ourselves in, we must remain focused and committed if we are going to reach our moments of glory.

It is exactly in times like these (those cold dark winter mornings) that we need to let our Mental Toughness shine through, and our drive and resilience will pay off.

Mental Toughness is built on four pillars, commitment, control, confidence and challenge. Over the

coming issues of Winning with Mental Toughness, I'll be sharing ideas on how we can develop in each of these four areas.

But I'd like to leave you thinking:-

Who, that you know, in this current environment, is demonstrating Mental Toughness? Who's resilience is shining through?