

# DEVELOP YOUR PERSONAL RESILIENCE



Is the constant bad news getting you down? Are you looking to thrive, not just survive? Here at the Jump Start, we want to give you a boost and show you how.



- Why is it some people only stumble whilst others fail?
- How come, some people bounce back, quicker, faster and stronger than others?
- What is the difference that makes a difference?

## Developing Mental Toughness: The Winning Mindset

Rooted in sports and occupational psychology, it's our individual level of Mental Toughness that directly affects how we respond under pressure. By developing your Mental Toughness can deliver more despite being in tough times.

### What we are offering

**A half day, one to one personal development session**

Kicking off by identifying your current levels of Mental Toughness using our psychometric questionnaire, we'll then explore each of the four facets, identifying what you need to do to improve your own resilience and unique performance.

### What you can expect

- A minimum of 3hours focusing on your personal development
- Content will be tailored to your specific needs
- The session will be facilitated by an accredited and experienced coach

### Costs

- £195 + VAT
- Location – your choice (terms and conditions apply)

**If you are interested, please contact**

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