



February '09



Special Offer

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Mental Resilience

A one to one half
day session

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Food for
Thought

They are able

who think

they are able

Virgil
70-19 BC
Roman Poet

How's your confidence?

Winning with
Mental Toughness
Issue 3

Confidence and Mental Toughness

Is the constant bad news getting you down? Are you getting to the stage where you don't want to switch on the news? How are your confidence levels?

It's been a while since our last newsletter, in which we looked at the importance of "stickability" to see us through bad times. Since then, Christmas and New Year has passed, but there has been no upturn on the economic front.

"Stickability" is vital, but in the mean time, what's hap-

pening to your confidence? We do not all find it easy to maintain high levels of confidence, in fact, many of us find it quite difficult. However, all the evidence out there demonstrates that there is a direct correlation between our levels of confidence and our performance.

As you are no doubt aware, our level of confidence is one of the four foundations of our Mental Toughness and as such, it is something we can develop, which in turn will

improve our personal performance.



Remember, it's our individual Mental Toughness that directly affects how we respond under pressure, in other words, whether we deliver peak performance or not.

What are you doing to boost your confidence?

"A leader is a dealer in hope"

Napoleon Bonaparte

I come across a quotation the other day, which I thought was very apt

We are all leaders in some form or another, whether our family or in the workplace. As a leader, we have to hope.....

At this point, my father (the retired military officer) would be talking about keeping your PMA (positive mental attitude). I hear what he's saying, and in many ways agree with him, but it's very hard to keep positive if your self confidence is low, so here are some ideas that might help you.

As individuals, we are all

very different, all the tips listed here work, but they may not be right for you.

- Focus on what went well (not the 5% that could have been better!)
- Mix with successful people - it's contagious!
- Talk about and focus on the positives and successes (not what might go wrong)
- Ensure that your inner voice is supporting you - not running you down and criticising
- Reward yourself for achievement
- Remind yourself of your achievements and strengths

My message to you is *do something to ensure you stay strong*. Confidence is rather like the leaves on a plant, un-watered, they will shrivel up and die.

Take action to maintain and strengthen your Mental Toughness, in these times, we will all be drawing on our resilience, so ensure you replenish it.

We are currently offering 1:2:1 half day coaching sessions, designed to develop your personal resilience, at the special price of £195 + VAT.

Contact us now