



Emotional Intelligence: Mental Toughness and Resilience

Mental toughness and resilience are becoming scarce commodities in leadership today. You can practice mental toughness and become more resilient to lead others more effectively through the VUCA times.

Mental toughness and resilience on an individual level, first and foremost, requires self-awareness and self-management, so managing others and building resilient teams and organizations can happen later.

This module helps develop the learner's knowledge and skills essentials for mental toughness and resilience, mental training interventions, stress management techniques, and building resilient teams.

Learning Outcomes

1. Describe potential challenges that leaders face and responsibilities of running a business in a VUCA environment.
2. Identify leadership skills, approaches, and behaviors necessary to face the four VUCA threats and build long-term resilience.
3. Explain how prolonged exposure to stress over months and years influences health and performance.
4. Understand and give examples of VUCA Prime - the antidote to VUCA.
5. Compare and contrast differences and similarities between mental toughness and resilience.
6. Understand the difference between mental toughness and mental sensitivity.
7. Identify eight typical behaviors of high and low levels of mental toughness.
8. Identify 15 habits of mentally tough leaders.
9. Identify the connections between your personal beliefs and emotional consequences in your role as a leader.
10. Identify strategies aimed at changing your personal response to stress.
11. Explain how the mental toughness 4C Model works.
12. Identify good leadership practices for mental health and resiliency in teams and organizations.
13. Identify initiatives that build resilient teams.

Recommended Learners

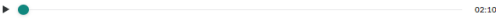
- Undergraduate Students
- Graduate Students
- Faculty or students who want to enhance their interpersonal skills and learn to problem solve more effectively.

Topic Four: Stress Influence on Health and Performance in the VUCA World

We have known for decades that it is not the isolated instances of stress that cause harm, but rather protracted exposure to stress over months and years that is the greatest danger. Living in the VUCA environment means that our bodies are in a permanent state of readiness to face whatever danger may emerge. The physical changes that this provokes are extremely harmful and can cause a range of health problems from cancer to auto-immune diseases and allergies to weight gain, as well as the better-known cardiovascular problems that are associated with chronic stress.

Stress is inevitable, because it is a part of a culture or environment in which a given organization is operating. The secret component is to enable the organization and its members to design and implement the strategy of coping with stress and mental health.

From the Author:
Click the icon below to hear from the author on the topic of the psychological impact of workplace stress.



An example of a learning event in our Leading Edge Learning modules. The types of instructional content within the modules include: readings, videos, transcripts, audios, interactive questions, offline application exercises, flash cards, narrated presentations, matching exercises, relevant articles, downloads, a final exam, and other activities designed to engage learners based on recognized science of learning educational concepts.

Applications and Best Practices

- ✓ Integrate in a course or program on leadership, particularly suited at the graduate level.
- ✓ Professional development for people in leadership positions or preparing for a leadership role.

Pricing
Module is Approximately 12-15 Learner Hours

1-100 Learners per Year	101-500 Learners per Year	500+ Learners per Year
\$150 per Learner	\$140 per Learner	\$130 per Learner