

What I want to remember from hearing Preethi Speak...

MENTAL TOUGHNESS.

Building a Mentally Tough Team

Qualities of Mentally Tough People

They view obstacles as challenges, not as a paralysis
 They are resilient
 They focus on what is in their control
 They engage in physical and mental wellness
 Tenacious
 Adaptable, flexible
 Has a reputation of solving conflict, not feeding into it
 They listen to both sides of the story
 No one calls a mentally tough person, a “slacker.”
 Excellent work ethic. Not lazy
 In control of their actions and emotions
 Willing to take calculated risks
 Quick to give credit
 They see the big picture
 Manage stress effectively

What Mental Toughness Is Not

Mental toughness is NOT- showing no weakness
 Mental toughness is NOT something you are born with
 Mental toughness is NOT- only for the athlete
 Mental toughness is NOT- hiding how you feel
 Mental toughness is NOT having perfect self confidence
 Mental toughness is NOT- never being afraid
 Mental toughness is NOT never having negative feelings
 Mental toughness is NOT- never failing
 Mental toughness is NOT blaming others
 Mental toughness is NOT all about winning
 Mental toughness is NOT having one’s own way

“Preethi pulled up our conference. She inspired the audience, empowered them to do better. she makes every person in the audience feel special. Everyone left the conference room, smiling. We invited her to return to our conference as a Keynote speaker.”
Rhonda Tallman, Montana Medical Group Management Association



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