

Mental Toughness

Tough times don't last. Tough people do.

That fine line between success and failure, giving up versus hanging on, stretching versus snapping, elasticity versus rigidity, is called mental toughness. It's a zone that tests our mental, emotional, physical endurance. Mentally tough people are gentle, jovial, and generous. They refresh others.

Working with a toxic person, being able to focus at work after a heated argument at home, surviving a nag who keeps at it in small doses until they get their way, carrying the load of caring for aging parents plus raising a family while working at a stressful job, feelings of dissatisfaction of going through the motions at work, test our mental toughness.

There's many a slip between the cup and the lip. Mental toughness is that tipping point that winning edge nearly everyone faces at some point. Abraham Lincoln once said "If I had eight hours to chop down a tree, I'd spend six hours sharpening my axe." That preparation is mental toughness.

Objectives

Learn the tools of improving mental toughness

During workplace storms and crisis, learn how to mentally prepare ahead of time, for the best outcome later on

How to practice mental toughness with difficult, toxic people

Bio

Preethi Fernando is an author of 15 books, speaker, and consultant. In her latest book "I Never Said It was Easy...I Said "You Got This," Preethi unfolds the essence of being genuine. She does trainings and workshops for municipal clerks, corporations, and associations. Preethi calls Loveland, Colorado, her home. Visit preethifernando.com.
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