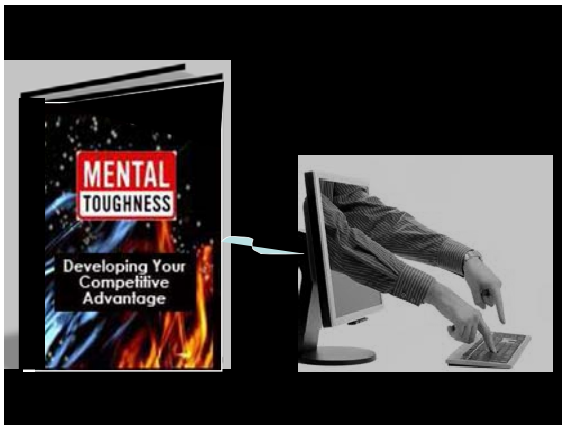


## Mental Toughness e-learning programme



Most people have a deep longing for meaning and purpose; they want to enhance their ability to be successful or significant in general or they want to improve aspects of their lives like their work, relationships or sport. Others also want insight into managing chronic problems.

The e-learning programme **Mental Toughness – developing your competitive advantage** is aimed at providing a deep learning process that can be used to give you a unique and sustainable competitive advantage in any endeavour. The definition of Mental Toughness is: ***The ability to manage your mind so that it directs your energy, to the right place, at the right time, for the right reason; so that you give your best performance consistently, regardless of what is going on around you or inside you.***

It is an eight month process involving the email despatch to you of eight PDF chapters in a one per month sequence. You need to read the chapter and are recommended to do additional research to complement your learning. Each chapter will be accompanied by a learning guide. There will initially be two learning task categories per chapter. The first task involves a range of critical reflection questions that relate to the content of the chapter. The critical reflection process is aimed at enabling you to create new knowledge, understanding and skills through a process of questioning, analysing, testing and reconstructing mindsets, assumptions and perspectives.

The second task requires you to identify and record one critical incident per month. This needs to be maintained for six months. You will log incidents that you have been involved in, where the experience or the outcome was less than desirable. The incident could relate to a business challenge, a relationship concern or even a sport incident. Once you have identified the incidents, you analyse them to identify repetitive patterns in your behaviour that may be retarding or promoting your Mental Toughness development. Following each submission, you will receive feedback.

Your learning process commences once your registration is completed and full payment is received. It concludes after eight months. Send your name and email address to [mind@etasa.co.za](mailto:mind@etasa.co.za). A registration form will be forwarded to you. The cost of the total programme is R 3 200.