



BUSINESS



MILITARY

MENTAL TOUGHNESS PROFILE™  
MENTAL TOUGHNESS COACH CERTIFICATION

Resilience. Perseverance. Performance under Pressure.

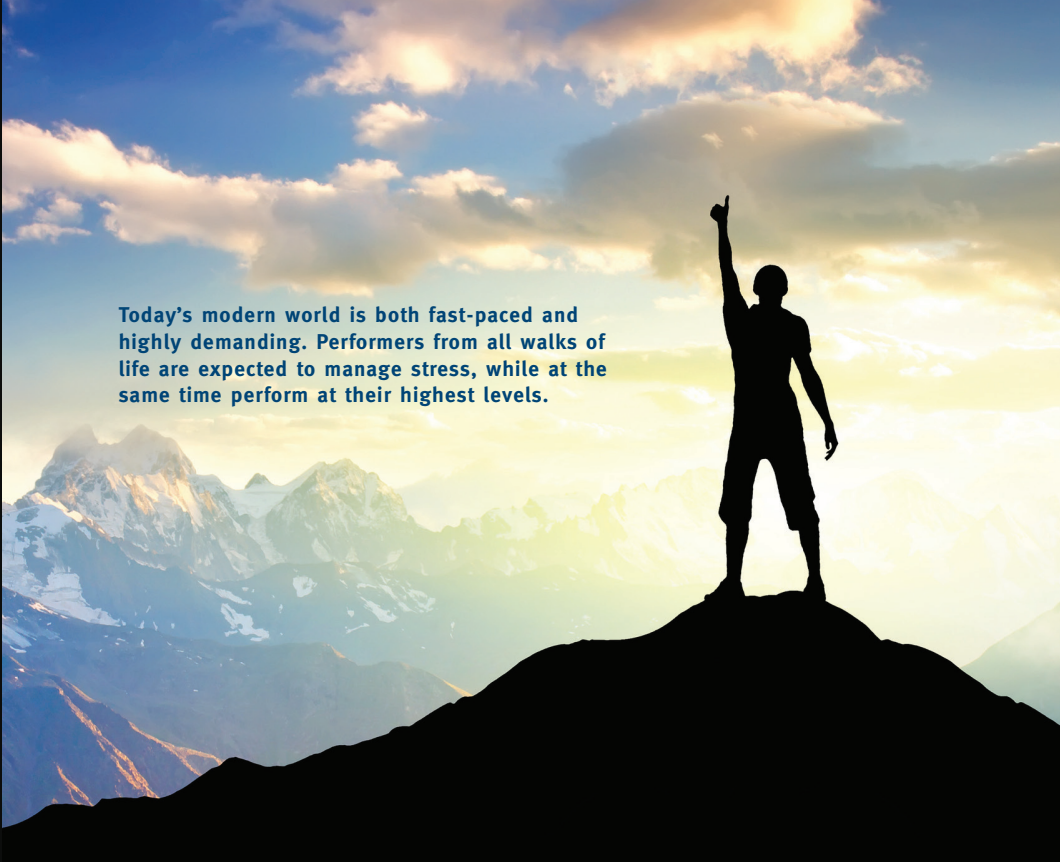
THE  
MENTAL TOUGHNESS  
RESEARCH INSTITUTE • USA

SPORTS



# What is the Psychology of Elite Performance?

The word “elite” is defined as:  
“ a select group that is superior in terms of ability or qualities to the rest of a group or society. ”



Today's modern world is both fast-paced and highly demanding. Performers from all walks of life are expected to manage stress, while at the same time perform at their highest levels.

## Program Learning Outcomes

CERTIFIED MENTAL TOUGHNESS COACHES ARE FULLY TRAINED TO :

- psychologically profile and give feedback to their clients or coachees using the *Mental Toughness Profile™* and accompanying *Mental Toughness Team Report™*, and
- coach them to utilize evidence-based, proven mental toughness strategies to be more resilient and able to peak perform under pressure.

## Profiling Your Performer's Mental Capabilities

THE *MENTAL TOUGHNESS PROFILE™* IS BASED ON THE LATEST RESEARCH ON THE UNIQUE MENTAL TOUGHNESS QUALITIES OF ELITE PERFORMERS IN VARIOUS HIGH-PERFORMANCE DOMAINS.

**Composure** Staying calm and relaxed in any pressure situation

**Concentration** Focusing on performing and ignoring distractions when it matters

**Confidence** Having the self-belief and trust in one's capabilities

**Cope-ability** Overcoming adversities and setbacks well

**Cohesion** Giving and receiving social support to and from others

# 3 Steps to Mental Toughness

A sample Mental Toughness Profile™ report is available upon request.



## Unique Features & Benefits of the Program CERTIFICATION PROGRAM

- is developed and delivered by industry-leading sport & performance psychologists who specialize in mental toughness strategies for success and peak performance under pressure
- targets the key motivational, behavioral, and performance challenges that most performers face
- utilizes applied, evidence-based methods that work in the real world
- adopts a competency-based assessment approach through the use of case studies, role-plays and practical assignments
- allows post-program certified participants to
  - use the title of *Certified Mental Toughness Coach (USA)* or *Cert.MTCoach(USA)* behind their names;
  - use the *Mental Toughness Profile™* and *Mental Toughness Team Report™* to help identify their client's or coachee's mental toughness strengths and weaknesses;
  - be eligible to receive referrals and leads for clients or coachees in their geographic area (subject to availability and client needs-to-expertise match);
  - get free access to mental toughness coaching and training resources for their own coaching or training business; and
  - purchase the *Mental Toughness Profile™* and *Mental Toughness Team Report™* at special Distributor Rates (please contact us for more details).

THE AIM OF THE MENTAL TOUGHNESS RESEARCH INSTITUTE, USA, IS TO... integrate the lessons learned from complex mental toughness research studies conducted on elite performers, and help more people develop and experience the psychology of elite performance in their chosen fields of endeavor.

THE MENTAL TOUGHNESS RESEARCH INSTITUTE, USA, is an institute of The International Sports Professionals Association, USA ([www.theispa.org](http://www.theispa.org))



## Certification Program Syllabus

### MODULE 1 FUNDAMENTAL MENTAL SKILLS

### MODULE 2 5C'S TO MENTAL TOUGHNESS

### MODULE 3 MENTAL TOUGHNESS & ELITE PERFORMANCE PSYCHOLOGY : Applications using the *Mental Toughness Profile™* and *Mental Toughness Team Report™*

### MODULE 4 MENTAL TOUGHNESS COACHING STRATEGIES using the SPORT™ Coaching Model

### MODULE 5 CASE STUDIES, ROLE PLAYS & ETHICAL ISSUES

### MODULE 6 INDIVIDUAL APPLIED PROJECT : Profile clients/coachees and design a mental toughness coaching intervention or training program for each individual

## Who is this Course for?

This certification program is relevant for anyone who needs to coach or train performers to peak perform under pressure and stress in the following domains:

- business (corporate)
- business (sales & marketing)
- education
- healthcare
- investing/trading
- military
- performing arts
- police



### EXCLUSIVE TRAINING & CERTIFICATION PARTNERS

#### ASIA PACIFIC HQ SportPsych Consulting, Singapore

E edgar@sportpsychconsulting.com  
T +65 9830 9996

#### CHINA & HONG KONG HK International Sport Psychology Academy, Hong Kong

E info@ispa.hk  
T +852 9624 5634

**MALAYSIA**  
Tropics Fitness Sdn Bhd, K.L.  
E tropicsfitness@gmail.com  
T +60 1 2638 2732

**INDIA**  
Alphaeus Consulting, India  
E pddivaker@alphaeusconsulting.com  
T +91 98453 13693

**Sign up NOW!** [www.mentaltoughnessprofile.com](http://www.mentaltoughnessprofile.com) E [admin@mentaltoughnessprofile.com](mailto:admin@mentaltoughnessprofile.com)