



● Performance under Pressure - Building Stress Resilience in the Military – 2 Day Course

Both military women and men are exposed to a wide range of stressor events as a part of military training and work assignments. The link between perceived work-related stress and impaired functioning on the job is well-documented, demonstrating the classic inverted U-shaped relationship between stress and performance. That is, employees who experience a moderate degree of job stress perform their jobs most efficiently, while those who experience either low or high work-related stress show reduced work efficiency. The potential moderating effects of various physiological, psychological, and social factors on the stress-job performance relationship also have been examined; these moderators may act by contributing to or reducing the resources that individuals can bring to bear in coping with stressors



Coping is one of several psychosocial factors posited to moderate or mediate the relationship between stress and job functioning. Conceptual models that view coping as a conscious effort to manage distressing problems and emotions have guided much of the stress and coping research over the past two decades. These models generally predict that there are at least three major components to stress-functioning relations: (a) the type of stressor or environmental demand; (b) psychosocial moderators and mediators, such as an individual's coping style; and (c) the resulting psychosocial, physiological, and behavioural outcomes.

Mobile Team Challenge's new 2-day workshop will equip the modern-day military personnel with the psychological, emotional and behavioural winning attitudes and positive psychology tools in order to thrive and to achieve maximum Performance under Pressure.

The emotionally well-balanced person will be successful in anticipating adversity and its impacts—personally, professionally, relationally—as well as anticipating the potential response of others to adversity.

NEW WORKSHOP – Train the Trainer: MTC Performance under Pressure – Building Stress Resilience in the Military – 2 Day CPD Accredited Course. Delegates will:

- Identify and apply the 7 Habits of Highly Effective People and increase their Effectiveness
 - Identify how to sustain Peak Performance Under Pressure
 - Identify the positive outcomes of efficient time management and prioritisation techniques
 - Learn techniques which are “Beyond Mindfulness”
 - Self-Analyse the candidates Peak Performance Zone, Stress and Distress thresholds via personal biomedical demonstration utilising HeartMath bio-rhythm assessments.
 - Learn how to apply Emotional Intelligence in order to neutralise their dis-stressors
 - Identify how we can achieve the “abundance mentality” in the Workplace
 - Demonstrate how to achieve peak mental performance from a stressful state
 - Learn how to recognise stressors
 - Learn professional communication tools: Transactional Analysis, NLP, Appreciative Inquiry which reduce dis-stress
 - Enable a candidate to create a Personal Action Plan to improve Lifestyle Inventory
 - Clarify Life Purpose and most important values so that a solid foundation can be built on which to base choices
 - Learn how to deliver Martin Seligman’s PERMA Model
 - Be guided through a re-focus exercise prioritising time and energy onto things about which there is passion and about which the candidate would complete with ease and joy
 - Investigate the key causes of stress and to do personal assessments of behavioural and communication styles which will increase their self-awareness of how their ‘style’ might be causing stress to others.
 - Create a personal environment and “state” where constant Self Renewal sustains constant Peak Performance and High Effectiveness
- Cost for up to 12 delegates = £ 1,940.00**

* If you already own an MTC Conflict to Collaboration you will already own a HeartMath emWave Kit which we will demonstrate the uses of this ‘stress-measuring’ kit during this workshop. If you do NOT already own a Conflict to Collaboration Kit – we can include a Heart Math emWave Kit for you if you order this course. **The cost would then be £2,290.00 for 12 delegates and you would have a HeartMath Kit to use on Station.**

Bio-Rhythm Heart-Brain Coherence Monitor





Emotional Well-Being that Works!

Pressure, Performance and Purpose: An accredited workshop that will help you...

Put the discoveries of 'Positive Psychology' & 'Emotional Intelligence' into practice.
To become more healthily productive and naturally achieving.



Over the last 20 years, new technologies and approaches have allowed Psychologists unprecedented insights into the biochemistry, behaviours and mental processes of happiness and fulfilment. Out of this research, Prof Martin Seligman (the 'father' of 'Positive Psychology') developed the PERMA framework to assess, measure and nurture the five core elements of human well-being and happiness. Seligman believes that growth in these five elements increases life of fulfilment, happiness, stress resilience and mental health.

The PERMA Model of Well-Being

from Martin Seligman's "Flourish"

Tools, Habits and Behaviours proven to promote personal, team and corporate resilience and well-being

This practical workshop has been designed to address the elements of the PERMA model as we build towards a healthy work / life balance. We will look at how stress can be managed positively (to produce achievement, meaning and relational quality) as well as how to avoid unnecessary dis-stress. There will be space for participants to intelligently assess and reflect on their current well-being. And there will be exercises and habits shared that can facilitate deliberate self-leadership towards "Performance under Pressure".

