

MENTAL STRENGTH TRAINING

for BUSINESS

REMAIN FOCUSED...

when the going gets tough

This excellent course is timely and indispensable and will build capacity to sustain performance in the face of increasing demand and stress.

It will make sure you:

- Stay emotionally connected and mentally focused
- Take control of thinking
- Manage personal energy
- Develop optimal breathing

It is guaranteed to:

- Revitalise small teams
- Equip team leaders with vital skills
- Support front line staff

Excellent value!

From only £33.00 pp
(based on 15 delegates in house)

- Half day training (minimal time away from work)
- Succinct theory and focused practical exercises



"This course is guaranteed to deliver lasting personal change.."

Book a course now!

You are welcome to discuss your requirements with **Peter Taylor** Chartered MCIPD MSc (HRD) (Trainer). Get in touch on **07711 820 800** or email peter@brilliancetraining.co.uk



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TRAINING & DEVELOPMENT