

Coaching & Leadership Lens

WEEKLY INSIGHTS

TALENTA LTD

THEME: RESILIENCE



I have recently been reading a book entitled **The Mental Toughness Handbook** which is about facing life's challenges, managing negative emotions and overcoming adversity - "If you hear a voice within you say 'you cannot paint', then by all means paint, and that voice will be silenced." - Vincent van Gogh

Top Traits of Mental Toughness

- **Focusing on what you can influence** - let go of what you cannot
- **Remaining flexible to handle unanticipated events** - accept that nothing rarely goes according to plan
- **Strong self-awareness** - really get to understand yourself
- **Willingly face uncertain circumstances** - adaptable
- **Bounce back from disappointments** - view them as learning opportunities
- **Emotional mastery** - develop your emotional intelligence
- **Practical optimism** - positive attitude

Enemies of Mental Toughness

- **Self pity** - energy draining & a reluctance to take action
- **Self doubt** - insecurity breeds inaction & we focus on our insecurities
- **Your inner critic** - the nagging voice, i.e. negative self-talk 'I'm not good enough'
- **Fear** - makes us freeze & distorts reality
- **Laziness** - concede to defeat
- **Perfectionism** - less than perfect is unacceptable
- **Emotionalism** - less able to cope with life's difficulties
- **Self-limiting beliefs** - inhibits personal growth & potential

Reflective Questions:

- Of the traits you already have, how can you strengthen these further?
- What trait would be beneficial to develop & how can you develop this?

Reflective Action:

- Are there any mental toughness enemies showing up in your life currently? Try a reframe - turning negative thoughts into positive ones.

Resource: The Mental Toughness Handbook - Damon Zahariades