

MENTAL TOUGHNESS

team challenge



Gain a measurable uplift in your teams' performance
productivity, focus & engagement in 12 weeks

PENNY MALLORY: *Talks*

Mental Toughness

“ Enhancing an organisations' and teams' culture through tough times serves to deepen commitment, trust and productivity, raising enthusiasm and profitability ”

PENNY MALLORY
Talks

THE MENTAL TOUGHNESS TEAM CHALLENGE

Leading people through the most challenging year to date means everyone needs confidence, commitment, focus and determination. Enhancing the culture of your organisation, embracing wellness and increasing resilience through tough times is critical.

Imagine what would happen to your organisation if your people were more mentally tough, and were fully equipped to deal with change?

By taking your people through the Mental Toughness Team Challenge, you will be ensuring your business and people have a competitive advantage.

As a leading authority in Mental Toughness, Penny Mallory delivers an interactive, challenging and transformational 12 week programme that delivers measurable, developmental outcomes for your people.

PENNY MALLORY



As a certified leading authority on Mental Toughness, [Penny Mallory](#) helps organisations and teams to transform their performance, productivity and profitability through this unique, measurable Mental Toughness Team Challenge.

Penny Mallory and her team have worked inside and alongside world-class teams (including F1) within sport, industry and business for decades. Having competed as a Rally Driver at World Championship level, Penny knows how critical it is to address the mental issues that influence your performance. Motorsport and TV fans know her as the first and only woman to drive a World Rally Car. Penny knows how to compete and beat the odds, but she also knows top performance requires even more than sacrifice and maximum commitment. It also takes heart, insight and the courage to keep going and the refusal to quit. She gets it, because she's lived it.

Many years of presenting live and recorded TV programmes, Keynote speaking, summiting two of the world's highest mountains, many endurance events and a couple of boxing fights have prepared Penny for almost everything!

As a leading authority on Mental Toughness, Penny has perfected the art of Psychologically-Powered Performance. Her measurable Mental Toughness Team Challenge gives transformational insight into how and why developing confidence, resilience, commitment and focus is critical in today's business environment.

Penny is a Mental Toughness Practitioner, licensed by AQR International, Master Practitioner in CBT and a Qualified Coach, accredited by the European Mentoring and Coaching Council

WHAT IS MENTAL TOUGHNESS?

Mental Toughness is the ability to manage and overcome stress, anxiety, worries, concerns and circumstances that prevent you from succeeding or excelling at a task. It is also a measure of your resilience, confidence and ability to see challenges as opportunities rather than threats. People achieve things partly because of their skill, talent and ability, but mostly because of their mental toughness.

Mental Toughness is not a macho or aggressive notion; some of the quietest people are exceptionally resilient. Understanding and developing a teams' Mental Toughness delivers increased performance, more positive behaviours and a greater capacity to cope with challenge and change. But, perhaps the biggest benefit of mental toughness development, especially in the current climate, is greater wellbeing, both mentally and physically.

17 page individual
Mental Toughness report



16 page TEAM Mental Toughness report

Total Mental Toughness

Distribution

Sten

Normal distribution

Frequency

Sample distribution

100

90

80

70

60

50

40

30

20

10

0

1

2

3

4

5

6

7

8

9

1

2

3

4

5

6

7

8

9

10

2.5

4.5

9.0

15.0

19.0

19.0

15.0

9.0

4.5

2.5

0

0

0

1

3

2

0

1

4.5

2.5

0.0

0.0

0.0

12.5

37.5

25.0

0.0

12.5

12.5

0.0

HOW WILL YOUR TEAM BENEFIT FROM THE MENTAL TOUGHNESS TEAM CHALLENGE?

Performance Mental Toughness accounts for up to 25% of the variation in performance in individuals. Teams & individuals will reconnect with their vision, passion and purpose of life

Engagement Build engagement, more positive behaviour, increased 'can do' attitude

Wellbeing More contentment, better stress management, less prone to bullying. With increased energy and enthusiasm, the team will discover how to transform personal and business performance by improving Mental Toughness and wellbeing for themselves and others

Commitment More ambitious, better prepared to manage risk. Individuals will learn about their strengths and areas for development in confidence, commitment, control and approach to challenges and setbacks

Attitude & Approach Individuals will learn how to increase optimism, resilience, character, and grit to create a happier, more productive and profitable team

MENTAL TOUGHNESS TEAM CHALLENGE PRINCIPLES

The Mental Toughness Team Challenge goal is to ensure the 12 week journey is beneficial and inclusive for all team members.

The 4 principles below are critical to the success of the team challenge:

1. **Engaging** The programme will create interest for the team member and allow a platform for learning and development. Having a personal Mental Toughness assessment, and feedback helps to embed learning through the high degree of individual participation, alongside the team
2. **Accessible** No team member should ever feel intimidated, or worried about speaking up. Language, content and style of delivery is straightforward, jargon free and easy to understand and appl
3. **Practical** All learning is directly transferable into the workplace
4. **Measurable** Attending the Mental Toughness team challenge will make a difference; in mindset, wellbeing and performance both in the short and long term.

MENTAL TOUGHNESS TEAM CHALLENGE 12 WEEK OVERVIEW

IGNITION

All team members take the online Mental Toughness Assessment.
The individual results are amalgamated into a score of your Teams' Mental Toughness

ACCELERATOR

Penny hosts an interactive virtual session revealing the assessment results to the team,
highlighting the teams' strengths and areas for development.
Discussion and challenge result in immediate, actionable commitments for all team members

INDICATORS

Penny conducts a 1hr virtual feedback session with each individual team member to review their
Mental Toughness assessment results, highlighting individual strengths and areas for development

FUEL STOP

1:1 virtual coaching available for all members, to encourage personal development

JUNCTION

Every team member retakes the online Mental Toughness Assessment
and the new team result is generated

SHIFT UP

Measurable development of your teams' Mental Toughness is shared virtually

PRICING

MENTAL TOUGHNESS team challenge



£1895 + VAT per person

for the 12 week Mental Toughness Team Challenge,
with tiered discounts based on participant numbers

GET IN TOUCH

Contact Vic Cobban

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"Utterly superb!"

"We're building a new Hotels team here at Aprirose, and we needed a half-year energy & momentum boost.

We made the perfect choice – Penny was amazing! Every member of our team was super-engaged for the entire session, and Penny's own story is nothing short of inspirational. The whole raft of challenges we thought we collectively faced were completely achievable by the end of it. What was all the more impressive was Penny's ability to tailor-make the session so well to our company and our needs, cutting through any negativity, and transforming our frustrations into positive energy. We're now in so much better shape. We're coming back for more Penny, be sure of it! Thank you."

Kym Kapadia, Chief Commercial Officer, Aprirose Real Estate investment

