

COMBINE MENTAL TOUGHNESS, HAPPINESS, AND FLOW

NESTS + Habits + NOISE + Thriving Habit + Five Ss + SONS + GOAT + GP-CA - POT + RAP

(2-day course with 3,964 PowerPoint slides)



Happier
horizons

HOW DOES THIS COURSE MAKE YOU MENTALLY TOUGHER, HAPPIER, AND EXPERIENCE MORE FLOW?

Research has found numerous ways to think, feel, and behave more effectively. When it comes to performance, however, the combination of three modalities is ideal: resolute mental toughness, relaxed happiness, and spontaneous flow experiences. Having positive combinations of these three will allow you to not only survive, but actually thrive in circumstances that most people would label “difficult”. They will also help you perform phenomenally far more frequently. Hence, you will be shown the characteristics and advantages of mental toughness, happiness, and flow; research supporting their usefulness; and provided an opportunity to assess your levels of all three. You will also be taught how to increase happiness (with NESTS, Habits, NOISE, the Thriving Habit, Five Ss), mental toughness (with SONS, GOAT, GP-CA, but not POT), and flow (with RAP). Thus you will learn things like how to abandon the stress concept, control your perceptions, commit to your goals, believe you can cope, proactively accept challenges, increase your confidence, improve your happiness, perceive you are ready physically and mentally, have the ideal attentional focus, and maintain a positive attitude and mood.

10 COURSE OUTCOMES:

By the end of this 2-day course you will:

- understand the advantages of combining mental toughness, happiness, and flow,
- be able to explain how there is no such thing as stress, events are not inherently positive or negative, and you get scared when you perceive the demands on you are greater than your perceived ability to cope,
- understand the negative impacts of the fear response and repeated episodes of fear on one’s body (e.g., back pain, cancer),
- know the characteristics and advantages of being hardy; how hardy individuals cope with solitary confinement, covid-19 lockdowns, and being a CEO; and how to increase hardiness with SONS,
- understand why you need to be extremely confident; act appropriately if you have realistic concerns; stop unhelpful doubts immediately; create a NESTS confidence foundation; and how to increase confidence with GOAT, GP-CA, but not POT,
- understand the 4 Cs model, advantages of mental toughness, and how to keep high levels of mental toughness with SAM,
- have reflected on the power of happiness and if you want to change and become happier,
- know the characteristics of flow; the relationship between flow and performance; and how to increase flow with RAP,
- have assessed your level of hardiness, confidence, mental toughness, happiness, and flow experiences, and
- know 11 techniques to improve your mental toughness, happiness, the frequency of flow, and performance.

NESTS + HABITS + NOISE + THRIVING HABIT + FIVE SS + SONS + GOAT + GP-CA - POT + RAP

NESTS:

Nutrition (eat sensibly)
Exercise (frequently)
Sleep (sufficiently)
Thoughts (functionally)
Social support network (nurture)

Habits:

Diaphragmatic Breathing
Goal-setting
Meditation
Mental Imagery
Thought Stoppage
Whole Body Progressive Muscular Relaxation

NOISE:

Decrease Neuroticism
Increase Optimism
Increase Internal locus of control
Increase Self-esteem
Increase Extroversion

Thriving Habit:

60 seconds Diaphragmatic Breathing
60 seconds Whole Body PMR Routine
60 seconds Meditation
30 seconds Altering issue with Thought Stoppage
30 seconds Living in accordance with your values
30 seconds Achieving 5 long-term goals
30 seconds Achieving 5 things in 24 hours

Five Ss:

Sort (prioritise your values)
Set (goals)
Supervise (manage your fear)
Steady (consistently work towards goals)
Success (enjoy and note your successes)

SONS:

Self-destructive thoughts (remove)
Own moral compass (pursue)
Negative traits gained from parents (remove)
Self-soothing behavior (remove)

GOAT:

Growth mind-set
Observe
Act
Trust yourself

GP-CA:

Guidance
Push
Celebrate
Analyse

POT (avoid):

Perfectionism
Over-Thinking

RAP:

Ready
Attention
Positive

DAY 1



9:00AM - 9:20AM

SESSION 1: MENTAL TOUGHNESS, HAPPINESS, AND FLOW

- 10 mins - Key point of course
- 1 mins - Visual overview
- 1 mins - Course overview
- 3 mins - 12 course outcomes
- 1 mins - Logistical information
- 4 mins - 5 + 1 questions

9:20AM - 10:20AM

SESSION 2: THERE IS NO SUCH THING AS "STRESS"

- 15 mins - Are you "stressed"?
- 16 mins - "Stress" and control
- 12 mins - Hans Selye, Robert Maurer, and "stress"
- 6 mins - Resistance and fear
- 4 mins - Perception is the key
- 7 mins - Cultivate courage

10:20AM-10:40AM

Break

10:40AM - 11:20AM

SESSION 3: THE FEAR RESPONSE

- 13 mins - Greg Norman, Miloslav Mecir, and symptoms of fear
- 10 mins - The fear response and the 5 Fs
- 17 mins - Do we need the fear response in the 21st century?

11:20AM-11:40AM

Break

11:40AM - 12:50PM

SESSION 4: THE LONG-TERM IMPACT OF CORTISOL

- 12 mins - Repeated episodes of fear and BEP
- 19 mins - Fear, cortisol, and serious body damage
- 15 mins - Health problems arise from perception
- 15 mins - Fear and back pain
- 9 mins - Fear, cortisol, and the parasympathetic nervous system

12:50PM-1:50PM

Lunch

1:50PM - 3:00PM

SESSION 5: HARDINESS

- 16 mins - The 3 Cs of hardiness
- 12 mins - Why hardiness is so good for you
- 10 mins - Can we increase hardiness?
- 12 mins - Increase hardiness with SONS
- 20 mins - Hardiness, solitary confinement, COVID-19 lockdowns, and being a CEO

3:00PM-3:20PM

Break

3:20PM - 4:20PM

SESSION 6: THE IMPORTANCE OF CONFIDENCE

- 26 mins - Why is confidence important?
- 14 mins - The power of confidence is immense
- 4 mins - Believe in your people
- 10 mins - Remove doubts, but take appropriate action with realistic concerns
- 6 mins - How Dennis Lillee maintained his confidence

4:20PM-4:40PM

Break

4:40PM - 5:00PM

SESSION 7: HOW TO CULTIVATE COURAGE

- 6 mins - Reminder of what we have covered
- 4 mins - 5 questions
- 10 mins - 20-item quiz

DAY 2



9:00AM - 10:00AM

SESSION 1: HOW TO INCREASE CONFIDENCE

- 8 mins - Do you consistently live confidence's main message?
- 7 mins - NESTS provides a foundation for confidence
- 34 mins - Increase confidence with GOAT and GP-CA
- 11 mins - Increase confidence by not doing POT

10:00AM-10:20AM

Break

10:20AM - 11:20AM

SESSION 2: HOW TO INCREASE MENTAL TOUGHNESS

- 11 mins - Ana Ivanovic, Greta Garbo, Dean Jones, Allan Border, and mental toughness
- 10 mins - Characteristics and advantages of mental toughness
- 5 mins - Mental toughness, consistency, and happiness
- 5 mins - How mentally tough are you?
- 7 mins - How to increase mental toughness
- 22 mins - Mental toughness exercises

11:20AM-11:40AM

Break

11:40AM - 12:20PM

SESSION 3: THE POWER OF HAPPINESS

- 13 mins - Should happiness be a goal?
- 15 mins - Happiness is good for you
- 3 mins - Happiness is good for society
- 3 mins - Happiness is good for illness prevention
- 6 mins - Are you one of the few who will make changes to increase your happiness?

12:20PM-1:20PM

Lunch

1:20PM - 2:00PM

SESSION 4: WHAT IS HAPPINESS?

- 13 mins - History, culture, and individuals affect the definition of happiness
- 8 mins - How do psychologists define happiness?
- 6 mins - Write your definition of happiness
- 13 mins - Gabriela Sabatani and 5 happiness exercises

2:00PM-2:20PM

Break

2:20PM - 3:20PM

SESSION 5: HOW TO INCREASE HAPPINESS

- 15 mins - Is the average individual above average in happiness?
- 7 mins - Did you rate your happiness accurately?
- 14 mins - Money and other things that don't make you happy
- 4 mins - Can we become happier?
- 13 mins - Things that make you happy Questionnaire
- 7 mins - Volunteering and happiness

3:20PM-3:40PM

Break

3:40PM - 4:40PM

SESSION 6: HOW TO INCREASE PSYCHOLOGICAL FLOW

- 26 mins - Examples and characteristics of flow
- 7 mins - The Flow Questionnaire
- 3 mins - Flow and happiness
- 4 mins - How to use flow in the workplace
- 6 mins - Increase the likelihood of flow with RAP
- 5 mins - Two flow strategies for organisations
- 9 mins - The Workplace Flow Quiz

4:40PM - 5:00PM

SESSION 7: HOW I WILL IMPROVE MY PERFORMANCE

- 4 mins - How to become mentally tougher, happier, and experience more flow
- 4 mins - 5 questions
- 12 mins - 30-item quiz