|  |  |
| --- | --- |
| Title: | **Developing individual mental toughness**  |
| Level: | 4 |
| Credit value: | 2 |
| Unit guided learning hours | 5 |
| Learning outcomes (the learner will) | Assessment criteria (the learner can) |
| 1. Be able to assess own mental toughness
 | 1.11.21.3 | Explain the importance and implications of mental toughnessEvaluate a model that measures mental toughnessMeasure own mental toughness using a relevant model |
| 1. Understand how mental toughness can be developed
 | 2.12.2 | Using the results of own mental toughness assessment, examine the implications for self and organisationEvaluate tools for developing mental toughness |
| 1. Be able to plan to improve own mental toughness
 | 3.13.23.3 | Produce an action plan to develop own mental toughnessExplain the benefits of implementing the action planExplain how you will monitor and evaluate the action plan |
| **Additional information about the unit** |  |
| Unit purpose and aim(s) | To develop individual mental toughness. |
| Details of the relationship between the unit and relevant national occupational standards or professional standards or curricula (if appropriate) | Links to Management and Leadership 2004 NOS: A2 |
| Assessment requirements or guidance specified by a sector or regulatory body (if appropriate) |  |
| Support for the unit from a sector skills council or other appropriate body (if required) | Council for Administration (CfA) |
| Equivalencies agreed for the unit (if required) | M4.25 Developing individual mental toughness |
| Location of the unit within the subject/sector classification system | 15.3 Business Management |
| **Additional Guidance about the Unit** |
| **Indicative Content:** |
| 1 | * Importance and implications of mental toughness
* Where mental toughness makes a difference – performance, wellbeing, positive behaviours and aspiration
 |
| 2 | * Benefits (Work to demanding goals and targets, handle several things at once, respond to sudden change and demand, achieve despite set backs and interruptions)
* Consequences (under-performance, stress related problems etc)
* Developing attentional control
* Developing anxiety control
* Developing positive thinking and visualisation
* Effective goals setting
* Variety of tools for developing mental toughness
 |
| 3 | * Developing an action plan (current behaviours, goal setting, implementation practice, identification of what the difference in performance would be)
* Monitoring and evaluation
* Benefits of implementing an action plan
 |