

MTQ Licensed User Training

Become a Certified Practitioner in
Mental Toughness Assessment

Introduction to Mental Toughness

Mental toughness describes how individuals deal mentally with stressors, pressure and challenge. It applies to everything that people do and embraces qualities such as mindset, character, resilience and grit.

Measuring Mental Toughness

Most personality measures focus on assessing behaviours (how we act) and attributes (how we feel) – the MTQPlus explores “how we think” – a key driver for behaviour and emotions. Both are normative measures, the test results for an individual are compared to a global norm group. This provides the capability to assess change and growth in Mental Toughness reliably.



Why become a certified practitioner?

- Understand Mental Toughness and its implication for **performance, behaviour** and **wellbeing**.
- Be confident about using the MTQ measures with individuals and organisations in **handling feedback**.
- Understand its wide range of **applications** – in education, the workplace, social settings, health etc.
- Understand how the measure can help to develop individual and **organisational performance**.
- Join a **global network** of licensed users.



The MTQ Licensed User Training Programme qualifies for 15 hours of the International Coaching Federation's (ICF) Continuing Coaching Education (CCE).

CCE Core Competencies: 1 hour
CCE Resource Development: 14 hours

*Contact us to receive a ICF
CCE accredited MTQ
Licensed User certificate.*

Course Content

- Module 1: Introduction to the MTQ Licensed User Training Workshop
- Module 2: Defining Mental Toughness
- Module 3: Origins of Mental Toughness

The Four Components The Mental Toughness Model

- Module 4: Introduction to the 4 Cs
- Module 5: Control
- Module 6: Commitment
- Module 7: Challenge
- Module 8: Confidence
- Module 9: A Summary of the 4Cs

Research, Philosophy and Relationship with other Concepts

- Module 10: Independent Evidence for the Mental Toughness Model
- Module 11: Current Thinking
- Module 12: Relationship with Other Concepts
- Module 13: Psychometric Measures

Feedback and Development

- Module 14: Using the MTQ Measure
- Module 15: Understanding the Scales
- Module 16: Exercises
- Module 17: The Organisation and The Individual
- Module 18: Handling Feedback
- Module 19: Applications of Mental Toughness
- Module 20: Case Studies
- Module 21: Developing Mental Toughness
- Module 22: Conclusion

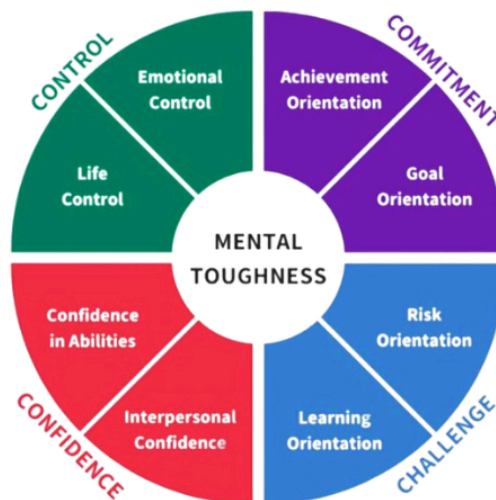


Figure 1: The MTQPlus model includes 4 constructs and 8 factors as shown above



Additional Resources

- Developing Mental Toughness Book Sample Read
- MTQ User Manual
- MTQ Technical Manual
- The Mental Toughness Licensed User Training Programme Recommended Reading List
- Sample Feedback Reports

FAQ

How does this differ from other personality tests out there?

The MTQ+ is more comprehensive, since mental toughness is a model that brings resilience, positivity and grit together. The results are broken down into categories, for easier understanding of scores per trait, while also providing a comprehensive analysis of personality.

How long do I have access to the course?

You have lifetime access to the course.

When does the course start and finish?

We will set you up with within two business days of purchasing. The course contains approximately 10.5 hours of content. Upon completion of the online programme, we will set up your online account on the test platform and provide you with two MTQPlus measures to enable immediate practice. You will be required to complete a reflective exercise on your experience of using the MTQPlus measure. After an assessment of this reflection exercise, you will be issued with your licensed number and certificate.