

MTQPlus Licensed User Training

Become a Certified Practitioner in Mental Toughness Assessment



in partnership with



The MTQPlus Licensed User Training Program 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

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

FAQs

How does this differ from other personality tests out there?

The MTQPlus is a more in-depth tool that combines resilience, positivity, and grit into one model. It breaks down results by trait, making them easier to understand, while also offering a detailed 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?

You will be set up within two business days of purchase. The course includes approximately 10.5 hours of content. Upon completion, we will activate your account on the test platform and provide two MTQPlus measures for practice.

You will then complete a reflective exercise based on your experience using the tool. Once reviewed, your license number and certificate will be issued.