



'Growing Mentally Tough Teens Curriculum' Training Day Outline

The purpose of this training is to support staff who may be teaching this program. The half-day (2 x 90-minute sessions) is designed to give staff an overview of the science and background to Mental Toughness as well as walk through some of the activities they will be teaching as part of the program. We also give staff an opportunity to explore how the concept of the 4C's can be used within existing pedagogies.

Overview of the day:

Introduction to Mental Toughness

9am - 10.30am	Define Mental Toughness Background to Mental Toughness Measuring Mental Toughness Mental Toughness in Education Intro the GMTT program Unpack the 4C's of Mental Toughness – Control, Commitment, Challenge, Confidence
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10.30am – 11.00am	Break
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Mental Toughness Training

11.00am – 12.30pm	Participate in activities from the program How to debrief activities Key teaching points within the program Practical applications within your school context Opportunity for discussion and questions Now what?
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