

SOPAC[®]

O N L I N E

FORESIGHT • INSIGHT • CLARITY • FOCUS

16 JUNE 2020

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SESSION NUMBER 3

Leadership Resilience –holding it together in tough times

Presented by:

Paul Lyons

Managing Partner

Mental Toughness Partners

OUR SESSION TODAY

- Making Better Decisions
- Your Mental Profile
- Holding It Together
- Your Resilient Leadership
- Ask Your Questions

MAKING BETTER DECISIONS

- Achieve Better Outcomes
- Manage Your Emotions
- Simple Brain Mechanics

YOUR MENTAL PROFILE

- Unique Mental Reactions
- Self Reflection critical
- MTQ Plus framework
- Mental Toughness Characteristics

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HOLDING IT TOGETHER

10 development strategies

- Know Yourself Better
- Have A Plan
- Control Your World
- Build Good Habits
- Keep Moving Forwards

HOLDING IT TOGETHER

10 more development strategies

- Find Your Tribe
- Ready for Anything
- Challenges and Opportunities
- Be More Positive
- Replenish your Wellbeing

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OPPORTUNITY IS NOWHERE

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HOLDING IT TOGETHER

10 more development strategies

- Find Your Tribe
- Ready for Anything
- Challenges and Opportunities
- Be More Positive
- Replenish your Wellbeing

YOUR RESILIENT LEADERSHIP

- Your Personal Resilience
- Everyone is Different
- Reaffirm Organisation's Cultural Values
- Communicate Communicate and Communicate
- Positive Decisive Visible Compassionate

ASK YOUR QUESTIONS

- Now
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