

In partnership with Mentally Fit Institute South Africa

THE CORPORATE ATHLETE

Managing Yourself Under Pressure

This course will give insight into the mechanism of high sustained performance. The facilitators will provide practical examples to help break through the daily grind of stress and to achieve excellence without wasting energy. We will show you that the solutions are simple and within easy reach. Every employee can be and train to become a 'Corporate Athlete'.

For more than 20 years Mentally Fit Institute has been translating their learnings in the field to corporate and academic environments, resulting in the successful development of corporate athletes. Enriched by powerful sports metaphors adapted to corporate environments, it gives a new perspective on human mechanisms, with very simple and concrete applications to the professional context.



Course Curriculum

- Physiological erosion
- The law of global energy
- Law of the interaction between the batteries
- Law of the stimulus of pressure
- Law of global strengthening
- Mental reinforcement - analysing the drivers and setting priorities
- Emotional resistance - working on the pins in your feet: confrontation with reality
- Physical reinforcement - managing energy, not just time: the physiological agenda
- Mental resistance
- Emotional Resistance
- Physical Resistance
- Sleep
- Nutrition
- Physical exercise
- Humour
- Active and passive relaxation
- Psychological satisfaction
- Social contacts

Study Support

You will complete your course via our world-class Learner Management System. After registration, you can access the course material via your browser or our Android App on your PC, tablet or cellphone.

Our Student Support Team and Faculty are here to support you throughout your course, guiding you to course completion.

How Will You Learn

- Live Webinar sessions
- Quality course material available online
- Quizzes throughout to help you retain what you have already learned
- Practical tools from Mentally Fit Institute SA
- Group Q&A sessions
- Receive your Certificate of Achievement upon completing the course.

Course Fees

The course fee is **R9,999**

It can be paid as cash once-off or in three monthly instalments of R3333. The first instalment is due as a deposit and needs to be paid before the course begins.

Duration

This is an 8 week online programme. It involves weekly 2-hour Live Webinar sessions with your facilitators and practical tasks to complete throughout. Expect between 4-5 hours of workload per week.