

Mental Toughness in an Emotionally Fragile World

1 What we leave *out* from a conversation might be more important than what we bring *in*, to a conversation

2 Knowing how to navigate with tenacity as well as with sensitivity is key in an emotionally fragile workspace

3 Emotionally healthy employees create emotionally healthy organizations. They pay attention to that emotional "temperature," the emotional "pulse" of their employees

4 Mental toughness in a person exudes a style that inspires commitment. Why? Because they stick with a problem long enough to see it through. They are committed ...This becomes a stability for others and they too, are inspired to do the same and not quit easily

5 The ability to complete a task in full, to be able to work through the knots, is a sign of mental toughness

6 Not quitting easily is key to having that winning edge

7 Getting to know the staff helps to practice better mental toughness in dealing with workplace matters

8 Mental toughness = winning edge

Mental Toughness in an Emotionally Fragile World

Looking for a
Keynote Speaker?
Consultant?
Professional for Staff
Training?



Contact Preethi...

Preethi Fernando
Author | Speaker | consultant |
Website | preethifernando.com
You Tube Channel | Leadista
e mail " paxpref@gmail.com
Ph | 970 663 4316