



# Developing Mental Toughness: Coaching Strategies to Improve Performance, Resilience and Wellbeing

*Doug Strycharczyk, Peter Clough*

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Mental toughness is about how effectively individuals respond to stress, pressure, and challenge. Tracing its development from sports psychology into the world of business, health, and education, the first edition of *Developing Mental Toughness* was the first book to look at applications at the organizational level and to provide a reliable psychometric measure.

Based on scientific investigation, this new edition now includes greater discussion of how mental toughness relates to other behaviors and how it can be applied to leadership, emotional intelligence, and motivation. It also offers brand new coverage of the applications of mental toughness in recruitment, talent management, and employability. With its practical guidance, exercises, case studies, and a mental toughness self-assessment tool, this book will guide coaches working with individuals or teams to help improve their clients' performance.

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