

# Community Education Service



*Improving emotional health and well being*

## Understanding and Using Mental Toughness to Enhance Performance: When Toughness is Really NOT About Being “Tough.”

**Dr. Brent Macdonald, Lead Psychologist**

Macdonald Psychology Group  
[complexlearners.com](http://complexlearners.com)



**Registration Required**

Mental toughness (MT) has a great deal of evidence to support its use in education, but is also broadly misunderstood because of its roots in competitive sport and in high-performance arenas such as the military and business worlds. There are lots of stories of professional athletes and folks like Navy SEALs who talk about MT. But what about the rest of us? What about kids? In this webinar, we will discuss what MT really is – and the critical value of mental sensitivity and mental flexibility in enhancing our performance and in supporting kids and ourselves to become more willing risk takers, be more resilient, have more interpersonal success, and how to not only learn from mistakes but also actively seek out opportunities for new learning.

**November 30, 2021**  
6:30 PM – 8:00 PM

**FREE LEARNING**

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and **MacDonald Psychology Group**.

[CES@ahs.ca](mailto:CES@ahs.ca) <http://community.hmhc.ca/>