



Mental Toughness for Peak Performance (MTPP) Workshop

Course Description

Designed for nurses at all levels, this workshop enhances performance, resilience, and teamwork in high-pressure healthcare settings. Module 1 focuses on goal-setting, imagery, and positive self-talk to boost performance. Module 2 develops composure, concentration, confidence, and coping skills while fostering team dynamics and cohesion. Participants will gain practical mental skills and strategies to excel in their demanding roles, backed by empirical support and hands-on guidance.

Learning Outcomes

Upon completion of this course, the participants will be able to:

1. Employ one new or reinforced piece of knowledge gained from this workshop to help them remain composed under pressure.
2. Demonstrate proficiency in at least one mental skill training technique in building composure in a simulated high-pressure classroom scenario.

Target Audience

Registered and/or Enrolled nurses

Course Duration: 7 hours

Mode of Training

Face-to-face

Assessment Methodology

Return demonstration

Certification

Upon successful completion of the workshop, you will be awarded:

1. Certificate of Completion
2. 4 CPE points

Registration and Enquiries:

Email: constance_hl_chua@nuhs.edu.sg

**Schedule
Monthly**

**Time
9:00am
-
5:00pm**

**Venue
Alexandra Hospital
378 Alexandra Road
Singapore 159964**

Course Fees: \$436 (including 9%GST)

