

BMT Training Syllabus

Endurance America

Unit 1: Understanding World Class Performance

- The traits of the greats
- Three requirements of competency

Unit 2: Working Definition of Mental Toughness

- The theory of MSU – Making Stuff Up
- Pressure and Performance
- Creating the proper winning climate

Unit 3: Removing the Interference

- Performance = Potential – Interference
- Overcoming Adversity

Unit 4: The Triangle of Coherence

- Vision, Purpose, Talents, and Values
- The 4 negative emotional attitudes

Unit 5: The Power of Belief Systems

- Tying outcomes to beliefs
- How beliefs help and hinder performance
- Shaping High Performance Beliefs

Unit 6: The Process Change Tool

- Hindsight, Insight, Foresight
- Stop, Challenge, Choose
- Rational Thinking Model

Unit 7: Mental Toughness and Stretching Your Style

- Learning to Relate
- The power of influence

Unit 8: Building your Opportunity Map

- Most important areas of your life
- Determine current performance
- Create the map
- A mentally tough life – Playing to Win!