

# Thriving Under Pressure – Training Description and Overview of Sessions

## Training Session One – Commitment

Learning Outcome: The development of a higher purpose beyond the immediate stressor by remembering the initial “why” and vision of the individual and institution. E.g., Students are our reason.

People who feel a sense of commitment have a sense of involvement in something larger than themselves. They are committed to a purpose and a greater good and are working toward something they believe in.

### Training Curriculum:

Myers-Briggs Personality Test  
5 Whys Exercise  
5 Steps to Thriving and Growth  
Embracing Change – Moving Forward  
North Star Vision and Purpose

## Training Session Two – Challenge

Learning Outcome: The ability to pivot and adapt when something does not go as planned. When we face a challenge head-on, we choose to see it as an opportunity to learn and grow. This is the essence of [thriving under pressure](#). By focusing on what is right, before examining what is wrong, we can be transformed by failures, limitations, and constraints.

Challenge is the ability to see setbacks as opportunities for growth, change, and innovation.

### Training Curriculum:

Life Orientation Instrument (LOI)  
Failure as Feedback  
Optimism Bootcamp  
The Motivated Mindset  
Cultivating Mental Health Daily  
Three Ways to Bounce Forward  
Staying Motivated During Challenging Times

## Training Session Three – Control

Learning Outcome: The concentration of effort and attention on what is within one’s sphere of influence (attitude, energy, hard work) results in a sense of control and empowerment versus victim of external, uncontrollable circumstances.

Locus of Control is the belief in one's ability to impact and influence life events.

### Training Curriculum:

Rotter’s Locus of Control (LOC) Inventory  
Five Ways to Focus Better  
Energy Awareness and Time Management  
The Stories We Tell Ourselves  
Emotional CPR (Catch – Pause – Repair)  
Put a Time Limit on Negativity