

Birmingham Branch

Autumn 2007

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Mental Toughness

Winning and Losing is all in the Head



Catherine Price, Mike Archer, Doug Styrczak (our speaker) with Phil James and Anne Sheldrick

Styrczak argued that organisations were able to develop strategies to help individuals perform under pressure as well as assist managers to get the best from their staff and recruit more effectively.

At the completion of an on-line questionnaire, which the audience were encouraged to complete after the presentation, a measurement would be made of how the individual scored on the four sub-scale. Since it was a CIPD event, all participants could then receive an email report free of charge which provided a measurement of their perceived mental toughness. Styrczak provided both encouraging and challenging discussion on mental assessment which certainly provided new opportunities for managerial evaluation of their workforce for the future.

The presentation was held in the impressive surroundings of Millennium Point on 3rd July.

The audience was introduced to a psychometric tool called MTQ48 which was designed specifically to help people measure and develop their Mental Toughness. The programme had been created in conjunction with Dr Peter Clough and his team at the University of Hull. The concept looks at understanding what traits are best and how people and groups can best deal with them. The four sub-scales that MTQ48 measures are Control, Challenge, Commitment and Confidence.

By understanding these measurements, and applying the principles of Mental Toughness in the workplace, individuals will see success and failure

all depend upon how the individual deals with the obstacles put in front of them. Particularly in today's work environment, he considers the ability to deal with stress effectively can make a huge difference in achieving a successful career.

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October Event

DAWN Conference

Wednesday 10th October 2007
9.15 am to 4.30 pm

At: Mrs Michael Soltow, Inspire House, Birmingham, B5 2SB

Our Programmes

October is the **DAWN Conference** "Winning & Losing is all in the Head" - The Challenge of Culture Change". This is an important issue for all organisations, and the conference will provide an opportunity for you to meet and hear from leading experts in the field.

Why Bother About Building? Building is 'value and cost' in many organisations today. But it is not just about building. It is about the people who build it. This is a new way of thinking about building, and it is one that is being adopted by many leading organisations.

How Effective are Training Interventions in Building? This is a new way of thinking about training. It is about the people who are trained, and the way in which they are trained. This is a new way of thinking about training, and it is one that is being adopted by many leading organisations.

Culture Change is the Way Forward - But How? Culture change is the way forward for many organisations. But how do you go about it? This is a new way of thinking about culture change, and it is one that is being adopted by many leading organisations.

Behind the scenes at Getting to Grips 2007



Plenary speakers are identified with the responsibility of being the main attraction of the day. In addition, they are responsible for the success of the conference. This is a new way of thinking about plenary speakers, and it is one that is being adopted by many leading organisations.

Getting the right mix of speakers is a key challenge for the conference. This is a new way of thinking about speakers, and it is one that is being adopted by many leading organisations.

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Concept Saab Update

In this Issue
Our New Dealership
The New Saab 9-3
Win a Saab Ice Experience
Latest Offers



New 9-3 Convertible Model Year 2008

to share this with us. In this issue we have the latest information to persuade you to buy a Saab 9-3 and experience our driving experience even further. We have a closer look at the new 9-3 Range, among our dealerships, and discover our customer offers on both New and Approved Used Cars.

Thank you for taking the time to read Concept Saab Updates and for us to keep you up to date on all your favourite Saab news. We look forward to welcoming you.

to hold a 5000 mile sponsored performance trial for the new Saab 9-3. The lucky winner was Alice Allen who enjoyed an evening of glamour with the stars in our VIP suite. Alice described her experience as "a night to remember".

Back to you, Concept Saab took part in the Great Midlands Fun Run. As well as being a main sponsor of the event, we had a team of 11 members of staff and 11 family members. The total amount raised is still being covered and as soon as we have the final figure we will let you know. We are sure you will be proud of all those who sponsored us and supported us on the day.

Great Midlands Fun Run

Client Brief

Concept (GB) plc

Business Brief

To completely re-design a quarterly newsletter working strictly within the Saab corporate identity.

Swedish Style comes to Coventry

We are proud to announce the forthcoming launch of our new dealership - bringing a Swedish style to the heart of the Midlands. The new dealership will be located in the heart of the Midlands, and will be a modern, fit and relaxing Scandinavian atmosphere. With an extensive choice of models, the new dealership will be a pleasure to visit. We are currently updating regarding the development of the new dealership.

Win an unforgettable holiday on ice

North of the Arctic circle lies the beautiful town of Rovaniemi. A chance to see the Aurora Borealis in person on the frozen tundra. This is a new way of thinking about holidays, and it is one that is being adopted by many leading organisations.

Update your details

All Concept Saab dealerships are currently updating their details. We are currently updating regarding the development of the new dealership.

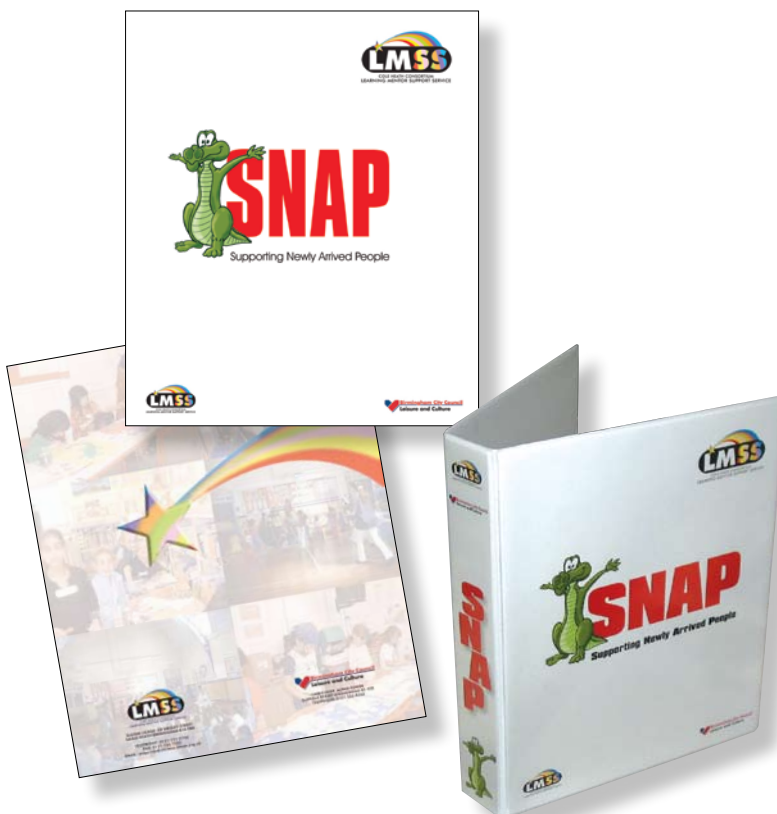
folders/ring binders



Client Master Abrasives

Business Specialist Suppliers to the Engineering Industry

Brief Design and production of multi-language binders and single leaf inserts for use both in Europe and the USA.



Client LMSS

Business Registered Charity

Brief Design and production of a ring binder design including the illustration of the crocodile mascot.