



Dr. Miranda's Life Coaching Services Monthly Newsletter

October Edition

We would like to wish, Dr. Sophia R. Miranda, Leadership Expert and Coach a Happy Birthday this month! Back in July Dr. Miranda, hosted 1-hour "Ask your Coach" sessions where she shared her wisdom on several topics. Since there was an overwhelming request to add some of the topics to the newsletter, Dr. Miranda agreed to add snapshots each month of each topic for all to enjoy. For the month of October, the topic to be discussed is "Mental Toughness"



Mental Toughness

If you want to be successful at life, in your career, chasing your dreams, or developing a strategy to become a better version of yourself, you will need to have what it is called Mental Toughness. The term mental toughness means keeping strong in the face of challenges and adversity in life. It is truly the ability to keep your focus and determination despite the difficulties you encounter.

Patrick Allan once said:

“Events in our life rarely go the way we'd like them to, but that doesn't mean you have to let it throw you off your game. Having mental toughness gives you the tenacity to learn from your [past experiences without the reoccurring experience] of failure. This resilience and fortitude also gives you the strength to keep emotions in check when something in your life seems overwhelming and you need to be strong”.

Mental toughness is the voice of your past experiences that pushes you to keep going when you are ready to give up. This voice tells you that “yes, it’s hard”, “yes, you are afraid”, “yes, it hurts”, BUT you have to continue to push pass these feelings to attain your dreams and goals.

Therefore, developing your mental toughness can help you be more emotionally strong, propel you to go further than you have expected, work harder, and build armor to endure the pressures of each challenge thrown at you. However, developing mental toughness takes practice and skill.

Christine M. Riordan tells us about six markers or key elements to mental toughness which are, Flexibility, Responsiveness, Strength, Courage and Ethics, Resiliency, and Sportsmanship.

When thinking about the six key elements to mental toughness, you must first ask yourself, “am I mentally tough enough to compete? Then evaluate your readiness against each element.

1. **Flexibility**. Game-ready leaders have the ability to absorb the unexpected and remain supple and non-defensive. They have the ability to maintain humor even when the situation becomes difficult. If something isn’t going well or doesn’t turn out as expected, they continue to remain flexible in their approach and look for new ways to solve the problem. Leaders must also continually be willingly and able to re-educate themselves, even in the basics, which they may have taken for granted for too long. They need to exercise caution in defensively falling back on ideas they know and are comfortable with rather than looking for new ways of doing business.
2. **Responsiveness**. Game-ready leaders are able to remain engaged, alive, and connected with a situation when under pressure. They are constantly identifying the opportunities, challenges, and threats in the environment. They understand that they need to think differently about how their environment and business operate.
3. **Strength**. Game-ready leaders are able to exert and resist great force when under pressure and to keep going against insurmountable odds. They find the strength to

dig deep and gather the determination to keep going, even when in a seemingly losing game. They focus on giving their best and fighting hard until the end, with persistent intensity throughout the game

4. Courage and Ethics. Game-ready leaders do the right thing for the organization and the team. They suppress the temptation to cut corners or to undermine others so they come out on top. They have the courage to make the hard but right decisions for the organization or their business.

5. Resiliency. Game-ready leaders rebound from disappointment, mistakes, and missed opportunities and get right back in the game. They fail forward with grace. They have ability to endure bad situations by continuing to stay optimistic in the face of adversity and quickly changing when necessary. They resolve to make things better and are experts at figuring out ways to do more with fewer resources.

6. Sportsmanship. Game-ready leaders exhibit sportsmanship. They don't let the opponent know when he or she has gotten them down. Clearly we all experience disappointment, attacks from others, an occasional blow to the stomach.

However, the behavior exhibited by game-ready leaders after losing or being attacked by others or the situation sets the tone for the rest of an organization.

The biggest secret to success is that individuals must mentally prepare themselves for failure because failure and disappointment will come. However, each person has an option to fail forward into success or allow it to paralyze them. How a person handles failures, disappointment, and adversity in life will determine how successful they will be in their goals and dreams. Therefore, all individuals looking to create a better version of themselves will need these key elements to mental toughness in order to attain success.



Life and Leadership Coaching

Dr. Miranda's coaching involves the ability to understand you: to think how you think, and understand your perspective. From this benchmark, she will place another perspective on top of yours – stretching and growing you to gently see a more empowering way. As a certified John Maxwell coach, Dr. Miranda can see what you are going through now and what is up ahead. Coaching is foreseeing, paving the way, coming alongside you while helping you achieve goals and overcome limiting paradigms.

One way to start on your journey to becoming a better vision of yourself is by getting a coach! So what are you waiting for?

Contact Dr. Miranda today for more information on how to get started!

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A Message from Dr. Miranda

I believe that creating balance between the demands in your work and family life is not always easy. When you work with me, you will develop a structured and practical plan to avoid becoming overwhelmed and over stressed. Therefore, I have developed a purposeful and transformational technique that results in you attaining your goals, whether the goal is for personal growth or leadership development. Through this journey we will work together in a confidential and supportive environment.

People have described me as “a woman of strategic planning and who communicates with great wisdom.” My philosophy is simple: I believe there is a leader inside each person, no matter what their role is in the workforce or in their home life. The real question is not "are you a leader?" The real questions are: Do you have influence in order to be effective and are you willing to grow?

If you answered yes to both questions and are willing to transform your life, let's get started today.

I am looking forward to taking a journey with you towards a life of intentionally living, and choosing to live a significant life that matters.

~Dr. Miranda