

## **LEA 822 - Mental Conditioning & Leadership**

3 Credit Hours

While mental conditioning and its interchangeable models are often used within the world of sports, this course will focus on whether these models could be used in other industries such as the business world, healthcare, government, military, etc. Additionally, this course examines leadership behaviors and other theories that facilitate mental toughness. Lastly, in addition to writing well-synthesized papers addressing each week's model, learners will create a presentation explaining an organizational need to study mental toughness and mental skills within their field.