



The UK's leading independent group of psychometric practitioners

is pleased to invite you to our March event on the themes of:

Neuroscience and Coaching **Diane Newell, The OCM** **Mental Toughness and the development of MTQPlus** **Doug Strycharczyk, AQR International**

Thursday 8thth March 2018

10am – 4:30pm

**The Naval Club,
38 Hill Street, Mayfair,
London W1J 5NS**

This event, our first of 2018, will start by exploring issues around neuroscience, coaching and psychometrics. In the afternoon the focus will be on the development of one particular psychometric assessment: the MTQPlus for mental toughness.

Topics for the Day:

Neuroscience and Coaching: Diane Newell will lead an interactive session, helping us to explore what Neuroscience is revealing about the working of the human mind and to debate:

- What are we learning from neuroscience that is important for coaching practice?
- What assumptions, or practices does it call into question?
- Can neuroscience be used to create psychometrics that support coaching practice?

Mental Toughness - Assessing How We Think: its applications in developing performance, wellbeing, aspirations and positive behaviours: Doug Strycharczyk will talk about Mental Toughness and the development of the MTQPlus. These describe and assess a key personality trait that explains, in large part, how we act and how we respond emotionally to events – importantly, **why** things happen, or don't happen. Attendees will have the opportunity to complete the MTQPlus beforehand providing an opportunity to engage more fully in the session.

Speakers:



Diane Newell is Managing Director of [The OCM's](#) Coaching Services business, working with clients to develop new and more powerful ways of connecting potential to purpose in themselves and their organisations. Diane is a highly experienced coach-mentor, working with individuals and teams at senior levels; she has a real passion for coach-mentoring as a tool for positive change in organisations. She leads a team at OCM that shares that passion and has been a key part of the Board of OCM's growing organisation since joining in 2011. Diane has held Board level roles in a variety of companies, from logistics to vacuum engineering, working in the UK, US and across Europe. Her experience as a leader and of working with leaders has given Diane a deep understanding of the value of personal resilience and a practical focus on creating balance in how her clients focus and use their energy. Her approach is pragmatic and strength based, using both support and challenge to help leaders realise their full potential.



Doug Strycharczyk is the CEO for [AQR International](#), an innovative test developer, which he founded in 1989 and now works in around 80 countries. His first degree is in Economics and he has worked for 25 years with Professor Peter Clough (Head of Psychology, Huddersfield University) on the development of the 4Cs Mental Toughness concept and the MTQ measures. More recently, both, working with Dr John Perry, have carried out a fundamental review of the concept and have been able to extend it to an 8 factor model which will be presented at the session. This is also part of a PhD programme for Doug. Formerly Head of HR and Operations for Castrol in the UK, his interests have always been in

understanding why individuals and organisations respond to events the way they do – and how this can be optimised. Doug is co-author of four books “Developing Mental Toughness” (Kogan Page w/Peter Clough), “Developing Employability and Enterprise”, “Developing Resilient Organisations” (both Kogan Page) and Developing Mental Toughness in Young People (Karnac w/Peter Clough).

Programme:

- 10.00 Coffee and registration
- 10.30 Welcome and Introductions
- 10.40 Diane Newell, The OCM
- 12.30 The Psychometrics Forum AGM
- 12:45 Lunch
- 14.00 Doug Strycharczyk, AQR International
(working tea break)
- 16.30 Close

Booking details

The cost of the meeting, including lunch will be £75 (for members) and £125 for non-members***.

Please reserve your place by completing the enclosed form and sending it to Caro Leitzell at the address on the form, or by emailing her the form at admin@psychometricsforum.org.

Please ensure payment reaches her by **Monday 26th February 2018** at the latest.

Please note that we will only accept a booking once the attendance fee is paid.

Receipts will be emailed to you.

Refunds: Where you need to cancel a place, provided the Administrator is informed before **Thursday 1st March 2018**, the full payment will be refunded.

*****Note re membership:** you can take out membership of the Psychometrics Forum at any time. If you sign up for membership at the time of booking and pay by direct debit, you will be able to take advantage of the members' reduced booking fee. Please contact our Administrator, Caro Leitzell on tel no. 01962 880920 or email her at admin@psychometricsforum.org for a membership form. Details of membership are also available on the Forum website: www.psychometricsforum.org/

MTQPlus Assessment

AQR International are offering us the opportunity to complete the MTQPlus prior to the event. Details will be sent to you once you have returned the booking form and payment.

List of attendees

We will publish a list of attendees for distribution at the meeting, which will include email addresses where available. If you are attending but do **not** wish your details to be included, please let us know beforehand (on the booking form).

Continuous Professional Development

CPD certificates will be handed out to those attending the meeting.

Venue Dress Code

Please note there is a 'smart casual' dress code for the Naval Club. This means no trainers, jeans and T-shirts.

We are sure you will find this a particularly valuable day and very much look forward to seeing you there.

Yours sincerely

Lynne Hindmarch and Trish Guthrie

Co-Chairs of The Psychometrics Forum

Contact Lynne: tel: 07977 129955, email lhindmarch@obc.org.uk

Contact Trish: tel: 07771 596724, email trishguthrie@aol.com

Dates of upcoming meetings (see www.psychometricsforum.org/ for more details):

Thursday, 17th May

Management of change – big data and the impact of digitisation

Tuesday, 18th September

Leadership and development – managing the transition from middle to senior managers

Wednesday, 28th November

New frontiers in psychometrics seminar

Wednesday, 28th November (4:30-6pm)

Mulled wine and mince pies, networking event, including our TPF Excellence in Psychometrics Award ceremony