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The HardiTraining® program was developed out of a hardiness-validated research model of stress management and performance, leadership, and health strengthening. The courses that make up the program emphasize hardiness-based attitudes and skills that can be taught to individuals or groups.

What We Do: The HardiTraining® Program | Hardiness Institute

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encompasses a range of academic, personal, clinical, and social reasons. A hardiness educational program, a tool for stress management, based on theory, research, and practice, exists to enhance the attitudes and coping strategies of hardiness (Maddi, 2007, Maddi et al., 2002). Research has shown that students who completed the hardiness ...

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2. Hardiness Training: Our HardiTraining workbook can put readers through all the necessary procedures of hardiness

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training. The workbook reference is Khoshaba, d.M., & Maddi, S.R. (2004) HardiTraining: Managing Stressful Chamce (5th Edition). Irvine, CA: Hardiness Institute. (This workbook is available at www.lulu.com) 3. Recent, important ...

with Dr. Salvatore Maddi

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