



Performance Under Pressure

Preparing for the Challenge, Building Resilience for the Future

The pressure to perform can sometimes feel overwhelming. In work, school and university, individuals are required to perform, regardless of the immediate or long term pressure they face. Resilience readiness equips an individual to click into “grit mode” quickly, but it also promotes the endurance required to flourish during times of change and challenge. This program is designed to allow you to explore strategies that will help you learn from trial and error, perform under pressure and have the courage to review and improve performance.

Situational Awareness

1. Think tactically first and analytically second: Why is this happening to me should be the second question to what should I do first?
2. In control vs. out of control. Moderating my response and gaining control.
3. Best and worst case scenario - helping to set up better expectations and interpreting feelings positively.

Resetting Priorities

1. Learning how to prioritise what's most important to helping me gain some control in a high pressure situation.
2. Maintaining long term purpose other people or pressures dictate my short or medium term priorities.

Calm, Control & Clarity

- Understanding the body's alarm system
1. Calm under pressure - Breathing techniques that enable your brain to effectively execute decisions while under pressure.
 2. Clarity under pressure - Building sleep capacity to better manage the impacts pressure has on the nervous system.
 3. Control under pressure - Using eating and hydration techniques to control emotions when under pressure.