



Productive behaviour for high performing people

High performing individuals work in an environment that requires them to perform, regardless of the immediate and 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.

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 – how quickly can you do the stock-take of both?
3. Best and worst case scenario projections - helping to set up better expectation management in you and others

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Calm, Control & Clarity

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

2

Resetting Priorities

1. 60:5:60 - What's most important to helping me gain some control in a high pressure situation in the first 60 secs, 5 mins and next hour?
2. Maintaining long term purpose when someone else is dictating my short to medium-term priorities

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WORKSHOPS



COACHING



ONLINE