



Team Triage Session

Instant Action. Immediate Support.



Aim

To help leaders & individuals decide the order of support they may require to maintain health and sustainability of performance during periods of high and/or sustained stress.

Why

People may pay a price mentally, physically & emotionally when repeatedly or continually asked to adapt or pivot. This price can be offset by actions that mitigate the risks.

How

A 60-minute, once-off 1:1 online-video conversation with one of our experienced Bulletproof Performance Coaches.

Who

These once-off conversations are customised for every team member, no matter where their role sits on the organisational chart.

Individual Response

3 immediate actions designed to have an instant positive impact on the individual's performance both at work & home.

1

Leader Response

3 customised actions to help a leader keep their finger on the pulse of an individual's performance & responses they may want to suggest.

2

Team Response

A compiled list of suggested actions identifying key themes & providing solutions for team-wide responses. Early identification of any 'code red' issues that are impacting team performance.

3



COACHING



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