

PERFORMANCE UNDER PRESSURE TRAINING



Create your performing under pressure mental skills toolkit.

Do you struggle to deliver your best performance when the pressure is on? Whether it's a deadline at work or a high-stakes meeting, stress and pressure can make it difficult to perform at your best. But what if you could learn to thrive under pressure instead of just survive?

Performing under pressure means being able to maintain composure and produce desired results in a high-pressure, stressful, or challenging situation. It involves being able to handle the stress, think clearly, and carry out tasks effectively and efficiently in the face of pressure.

Equip yourself with the mindset, skills, and strategies to confidently navigate any situation.

What is meant by mental skills?

Our ability to perform in each moment is determined mainly by where we place our attention and how we make sense of the situation. It explains why even the most competent people can fail to perform at their full potential, especially under pressure.

We approach mindset as a skill. It can be broken down and learnt; this forms the basis of our performing under pressure training. The techniques featured in our courses are derived from sports, the military, psychology, and neuroscience.

We will teach you how to change how your body and brain respond to stress, allowing you to perform at your best, even under pressure. Learn proven techniques to reduce stress, boost focus, and increase resilience.



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Four-hour performing under pressure training

This half-day course will help you explore the essential elements of responding to a pressure situation.

Discover the critical role mindset plays in determining your performance and understand the impact of stress and uncertainty on your thinking, feeling, and behaviour.

You will learn how to build on your strengths, shift unhelpful attitudes, and create more choice in how you react to challenges. Learn how to manage stress, enhance wellbeing, and explore the impact of stress on performance.

Our training will immerse you in pressure moments using a combination of exercises and visualisations. Using wearable technology, we will collect and analyze your heart rate variability to highlight the impact of stress on your performance. You will be able to see your real time stress response data.

The data collected will highlight your stress response, a response you may initially be entirely unaware of until you see the data. You will become more aware of how a stress response feels and the different signs helping you consolidate and apply your learning.

We will then give you five different tools to help you perform under pressure, talking through how you can apply these in a pressure situation and provide you with strategies to continue building your mental toolkit.

Aims: Regardless of your experience, this course will help you to;

- Explore what creates pressure for you and how this affects your ability to perform.
- Identify how to keep building your mental toolkit so that you feel calm, stay in control and perform.
- Help you explore the essential ingredients for responding to a pressure situation and experience the critical role that mindset plays in determining your performance when it matters most.
- Learn and apply the Red2Blue tool kit.
- Consider the importance of managing the stress and wellbeing of your team.



Please contact Dave Rouse - daverouse@oilspillresponse.com or Andrew Couch - andrewcouch@oilspillresponse.com to discuss further