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<b>SUSTAINING HIGH PERFORMANCE IN A PRESSURED ENVIRONMENT</b>	<b><u>Duration: 1 day</u></b>
<b>Workshop Purpose</b>	<p>In the real world, we are all faced with complex situations involving a variety of potential issues that do not fit neatly into boxes. Given this context, it is critical to develop the ability to <b>think clearly, manage attention, feel in control</b> and <b>act effectively</b> when faced by the kind of pressures that arise every day, in every modern workplace.</p> <p>The <b>ESC-APE</b> process teaches delegates how to ‘escape’ the limits which pressure can cause IF one allows it and how, rather, to use pressure to maximise potential. This results in one’s ability to redirect attention to focus on that which will drive the desired results.</p>
<b>Competency Outputs</b>	<ol style="list-style-type: none"> <li>1. Apply a practical, useable approach to ‘Performing under Pressure’ and drive on-going performance improvement.</li> <li>2. Develop the ability to think clearly, take control and act effectively.</li> <li>3. Manage in line with clear expectations, realistic performance outcomes with related consequences both positive and corrective.</li> </ol>
<b>Methodology</b>	<ul style="list-style-type: none"> <li>• Awareness of self, as well as team reflection</li> <li>• Group and individual exercises</li> <li>• Application of the ESC-APE process to a current work situation/s</li> <li>• Application project to ensure transfer from workshop to workplace</li> </ul>