1 DAY WORKSHOP
MENTAL SKILLS AND DECISION MAKING UNDER STRESS FOR TACTICAL OCCUPATIONS

TOPICS INCLUDE:

- Information processing and response selection under stress and time constraints, the what, why and how to execute the optimal response.
- Arousal regulation, the neuroscience of anxiety, mental models and outcome prediction and the skills and strategies for mental growth.
- Neuromotor skills. The Science of accelerated learning and skill execution under stress.

MULTI-DAY WORKSHOP
MENTAL SKILLS AND DECISION MAKING UNDER STRESS FOR TACTICAL OCCUPATIONS

IN DEPTH COVERAGE AND ANALYSIS OF TOPICS INCLUDING:

- Information processing and response selection under stress and time constraints, the what, why and how to execute the optimal response.
- Arousal regulation. The neuroscience of anxiety, mental models and outcome prediction and the skills and strategies for mental growth.
- Neuromotor skills. The Science of accelerated learning and skill execution under stress.
- Fatigue. Impact of physical and mental fatigue on information processing and decision making.
- Behaviour change. Identifying current behaviours and habits, implementing change and creating positive long-term behaviours.
- Mental Growth. creating the habits, routines and mindset for sustained mental development.

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