

Performing Under Pressure Presentation

You are not required to share any of this with anyone else in any way during the presentation. All activities are individual exercises.

On Wednesday we'll be going over some techniques for managing your performance in pressure situations. To get started it'll be useful to have a situation in mind where you can use the techniques. So.....

1. Find a quiet space for yourself to reflect for a few moments for this exercise.
2. Bring to mind some problems or situations, in business (preferably business but general life can be okay too), that have caused you worry or concern. We all have our own triggers. We are particularly interested in situations where you are struggling to perform the way you want to perform and you'd like to improve. Can you identify any situations where circumstances or pressures are derailing your performance? Situations where your emotional reaction was/is particularly strong or out of character? Some examples might be: public speaking; difficult people/conversations; procrastinating; staying on task.
3. In the box below list any challenging problems or situations that have come to mind while reading 2) above.

Problem Areas / Challenging Situations

4. Looking at the situations you have identified above, ask yourself which particular performance problem you would like to use as a focus for the workshop. This should be a situation that causes no more than a moderate level of emotion, for example, anxiety,

frustration, anger, or distress (an intensity rating between 40% and 55% would be ideal). So it's probably a good idea to choose one of your less challenging problems (we have no virtual tissues). There are also some exceptions. Do not choose a problem related to an acute situation such as a significant bereavement, or anything related to childhood trauma.

5. Finalize your performance problem and describe it in the box below. This can be a very simple description—for example, “feeling anxious in social situations.”

My Performance Challenge

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