Performance Optimisation – Facilitator User Guide

This workshop is designed to be an interactive session using activities to encourage the participants to engage in conversation.

WRaP EM aims to foster creativity, reflection, and discussion.

Learning Objectives

The learning objectives for this session are below.

- Stress - describe it's effects on the physiology and psychology of our performance
- Outline a Threat Versus Challenge assessment
- Describe strategies to increase self-awareness to help optimize performance
- Outline strategies to optimize performance - before, during and after a stressful event

As the facilitator, you may decide to focus on one or all in your education sessions.

Module contents

The documents provided in this module include *the following*

- Learning Objectives
- Learner Resource Guide
- Facilitator Resource Guide
- Synopsis of Stress Inoculation Training
- Power Point Facilitator Guide as a base for your lesson delivery

Session Delivery Suggested Format.

Delivery structure can be very varied for this topic.

The Power Point presentation is a guide that can be used for the session.

The Synopsis also provides more information on the topic. Feel free to use the synopsis as needed to create depth in knowledge around the topic for you education session.

The session can also be more focused on learning the theory of performance optimisation and how stress effect our everyday behaviour in our Emergency Departments and Critical Care settings.

One could also focus on some or all of the techniques outlined for performance optimisation.

Case based discussion could also be used using in situ cases based in the Resuscitation area of your ED.
Facilitator and Learner preparation and pre-reading is particularly important for this module as there is a lot of potential new concepts to cover.

Of note, the facilitator should also be well prepared especially if using the visualisation technique PETLEPP outlined in the body of the content.

But the use of PETLEPP or the equivalent is not essential – as with all the other WRaP Modules, pick what you need for your centre and your learners as you need it.

Good Luck !