



Performance Optimisation Facilitator Resources

First 10 EM - The definite online summary

<https://first10em.com/2017/03/13/performance-under-pressure/>

Includes an extensive reference and resources list at the bottom of the article.

Performance Optimisation

Jason Brooks - Performance Psychology for Resuscitation

<https://smacc.net.au/2015/12/performance-psychology-for-resuscitators-jason-brooks/>

Leadership and Team Performance Optimisation

Brazil - Social Media and Critical Care (SMACC) Tribes Session

<https://smacc.net.au/2014/06/brazil-timing-tribes-and-stemis/>

Amy Edmondson - How to lead and creating a psychological safe workplace.

<https://www.youtube.com/watch?v=LhoLuui9gX8>

Stress – It's effect and how it's not all bad

Kelly McGonigal – How to make stress your friend

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en

Simon Sinek - Nervousness versus excitement

<https://www.youtube.com/watch?v=GBF9xXhSFrc>

Alison Ledger wood - How we get stuck in the negatives - and how to get unstuck

https://www.ted.com/talks/alison_ledgerwood_a_simple_trick_to_improve_positive_thinking?language=en

Further reading - Papers and Books

Grossman, Dave, and Loren W. Christensen. 2004. *On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace*. Human Factor Research Group Incorporated

Lauria, M. J., Gallo, I. A., Col Stephen Rush, L., Brooks, J., Spiegel, R., & Weingart, S. D. (2017). Psychological Skills to Improve Emergency Care Providers' Performance Under Stress. *Annals of Emergency Medicine*, 1-7.

<https://doi.org/10.1016/j.annemergmed.2017.03.018>

Levy, D. M., Wobbrock, J. O., Kaszniak, A. W., & Ostergren, M. (2012). The Effects of Mindfulness Meditation Training on Multitasking in a High-Stress Information Environment. In *Proceedings of Graphics Interface (GI '12)* (pp. 45-52).

Heng, K. W. (2014). Teaching and evaluating multitasking ability in emergency medicine residents - what is the best practice? *International Journal of Emergency Medicine*, 7(1), 41. <https://doi.org/10.1186/s12245-014-0041-4>