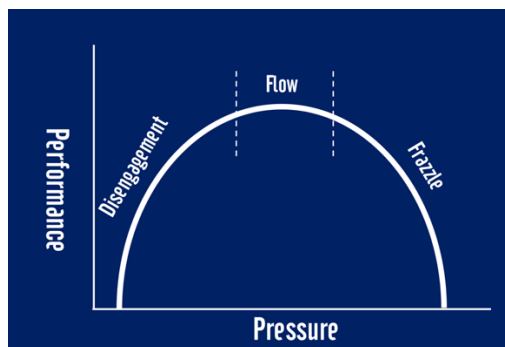


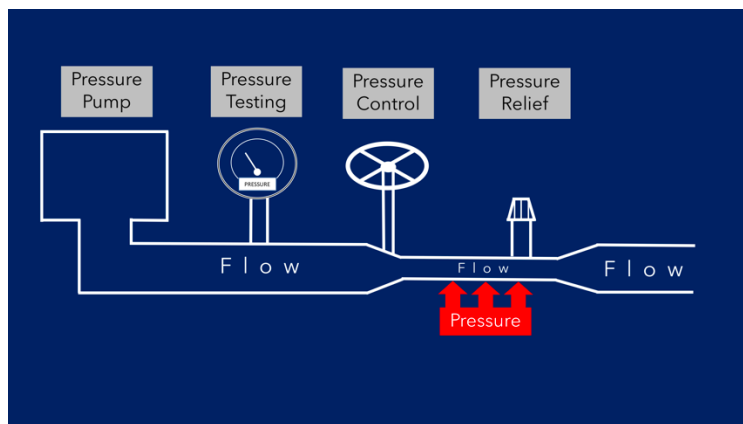
Peak Performance Under Pressure Book Synopsis

All of us experience times when we are under pressure and need to perform to a high standard. For professions such as the emergency services, medicine, the police and the military, performing under pressure is a regular challenge.

The book discusses the psychology of performance and why we react the way we do under pressure. Individual and team performance initially improves with increasing pressure. With the right level of pressure people perform at their best. Too much pressure however leads to cognitive overload and stress. Three performance states are recognised: disengagement, flow and frazzle. The relationship between pressure and performance can be shown on a graph as the arc of performance.



Performance is about maintaining a state of flow. Maintenance of flow is achieved by managing the pressures experienced by individuals and teams.



Using experience from 20 years of leadership in the emergency department, mountain rescue and helicopter retrieval, the author describes the strategies we can use to attain states of peak performance.

Cognitive aids, teamwork and tactical leadership is discussed in the first section on pressure control. The next section, pressure testing, describes how we can use different training and simulation techniques to prepare our teams. Organisational culture, leadership and team selection are discussed in the pressure pump. Pressure relief tells us how to regain composure and situational control when excessive pressure has compromised performance.

The book finishes with a description of two critical care helicopter retrieval missions. One prior to pressure management systems being implemented and one after.