

HENDRIE WEISINGER AND J. P. PAWLIV-FRY

Performing Under Pressure

The Science of Doing Your Best When It Matters

Boost your ability to deal with pressure by understanding it and working to counter it. Authors Hendrie Weisinger and J.P. Pawliw-Fry explain the difference between pressure and stress and offer "pressure solutions" to help you when you must perform.

STEP 1

Have your team read the getAbstract summary.

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

Discussion Questions

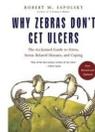
1. What three features cause anxiety and fear and can undermine your performance?
2. The authors list several strategies for tackling pressure. Which of these resonate with you and would be helpful the next time you feel pressure?
3. Explain the "COTE of Armor" attributes.

Because our brains are hardwired to attend to important tasks first, and because importance intensifies pressure, encountering pressure... is inevitable, as we all have important tasks.

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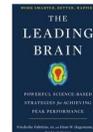
Additional resources



Why Zebras Don't Get Ulcers



The Stress Code



The Leading Brain



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