



Performance Optimisation Learner Resources – V2

Stress – it's effects 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

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/>

For more depth in this topic for the learner

First 10 EM - The definite online summary on Stress Inoculation Training

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