

Situational Awareness

Building success through Situational and Sensory Awareness

Synopsis

Situational Awareness is the understanding of an environment, its elements, and how other factors such as time or direction or intent might impact the event. Situational awareness is critical for effective decision making.

In this workshop we explore sensory intake (how we acquire information), how our preferences and lack of preparation take over unless we intervene. How we individually and uniquely take outcomes from being random and repetitive, to becoming purposeful and influential.

Course Topics

- Recognising your senses and identifying your well-developed ones
- Building performance in hidden places
- Stepping beyond justification and into choice
- A speedy technique for making choices that sit well for you
- Discovering what is personally important and how that helps in tough times
- Mirroring magic – how you can help to generate the results you want
- Understanding the Chemistry of stress and how management delivers WINS
- Holding yourself accountable.

Course Details

Delivery:	Inhouse or Virtual
Structure:	Interactive Workshop
Time:	1 day
Class Size:	Max 15
Cost:	On request

The Trainer



Since 1994 Sue-Ellen has been helping people find ways of accessing, learning, testing and perfecting techniques that work for them.

She specialises in environments requiring complex communication – presentation, conflict, motivation, performance management, team productivity and especially leadership.

During her workshops, Sue-Ellen develops skills, examples, options, approaches, and strategy for her audience. Her training goals are to help every person, feel better, want better and look for better options that will deliver improved outcomes.