

# Applied Performance Psychology in High-Stress Environments

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# Leverage Lived Experiences

- High Stakes, Outcomes Matter
- Dominate the Controllable
- Self-Awareness
- Self-Regulation

# Performance Psychology Skills

- Goal Setting
- Building Confidence
- Energy Management
- Imagery
- Attention Control

# Hardiness and then Some

- Hardiness
- Adaptation, Growth, Resilience
- Thriving

Questions?

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