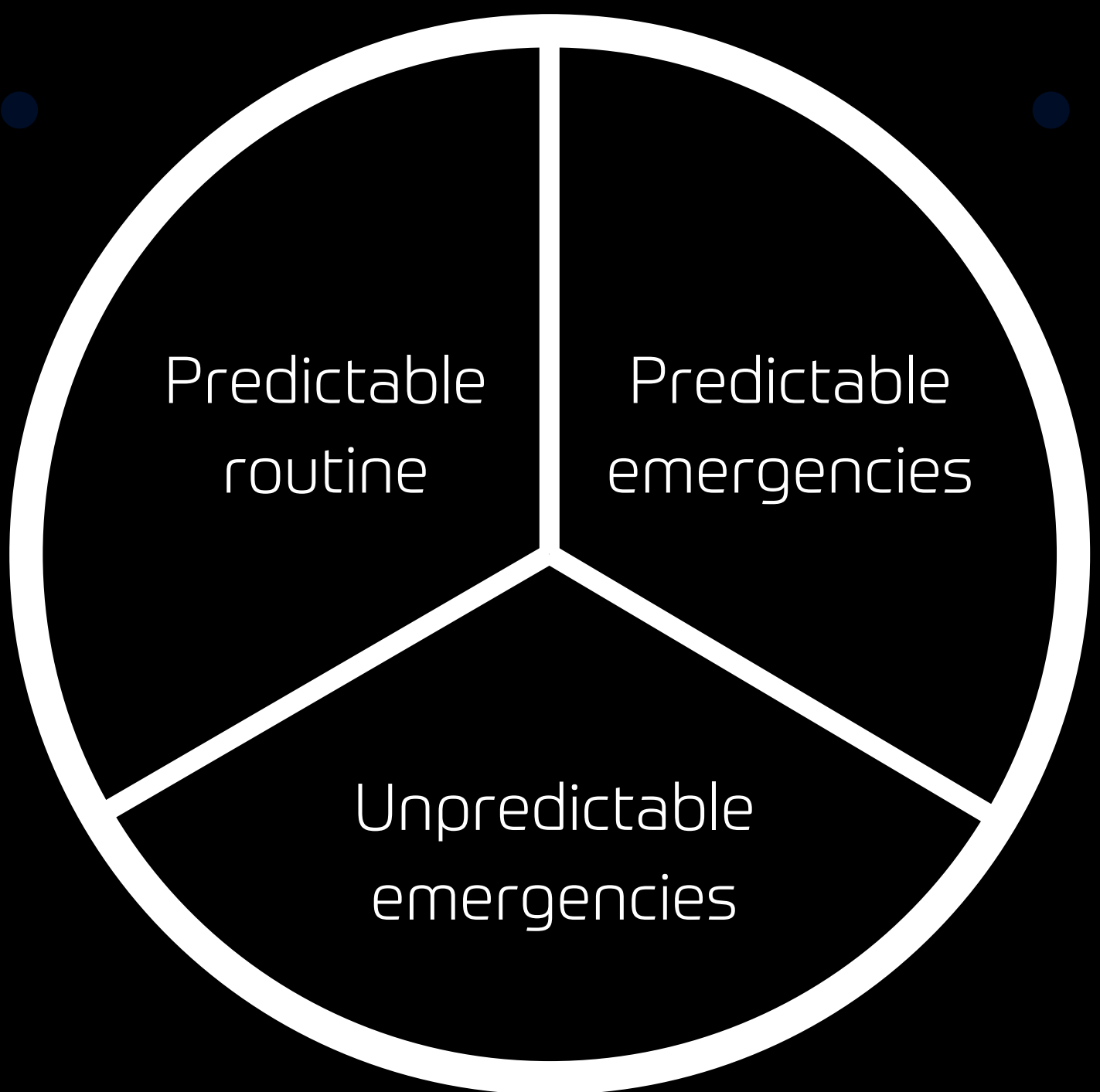


# PERFORMANCE PIZZA



## PREDICTABLE ROUTINE

Recurring tasks and decisions. Require systems and training to allow fast, automatic cognition. This frees up cognitive capacity for nuanced elements requiring analytical cognition.

- Drill set pieces to develop automaticity
- Mentally rehearse
- Standardised approaches to routine task completion within your team
- Delegate to cognitively offload

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## PREDICTABLE EMERGENCIES

Tasks and decisions which have recognised complications. Require pre-planned, standardised, step by step approaches to minimise time to act, reduce error & minimise need for demanding analytical decision making.

- Emergency action cards
- Drilling
- Mental rehearsal
- Team keywords to rapidly achieve a shared mental model

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## UNPREDICTABLE EMERGENCIES

Complications & situations we cannot foresee. These situations require analytical processing for decision making & task completion.

- Use communication under pressure tools
- Rally points to create shared mental models & collaborative decision making
- Mantras to buy time e.g. ANC - aviate, navigate, communicate

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