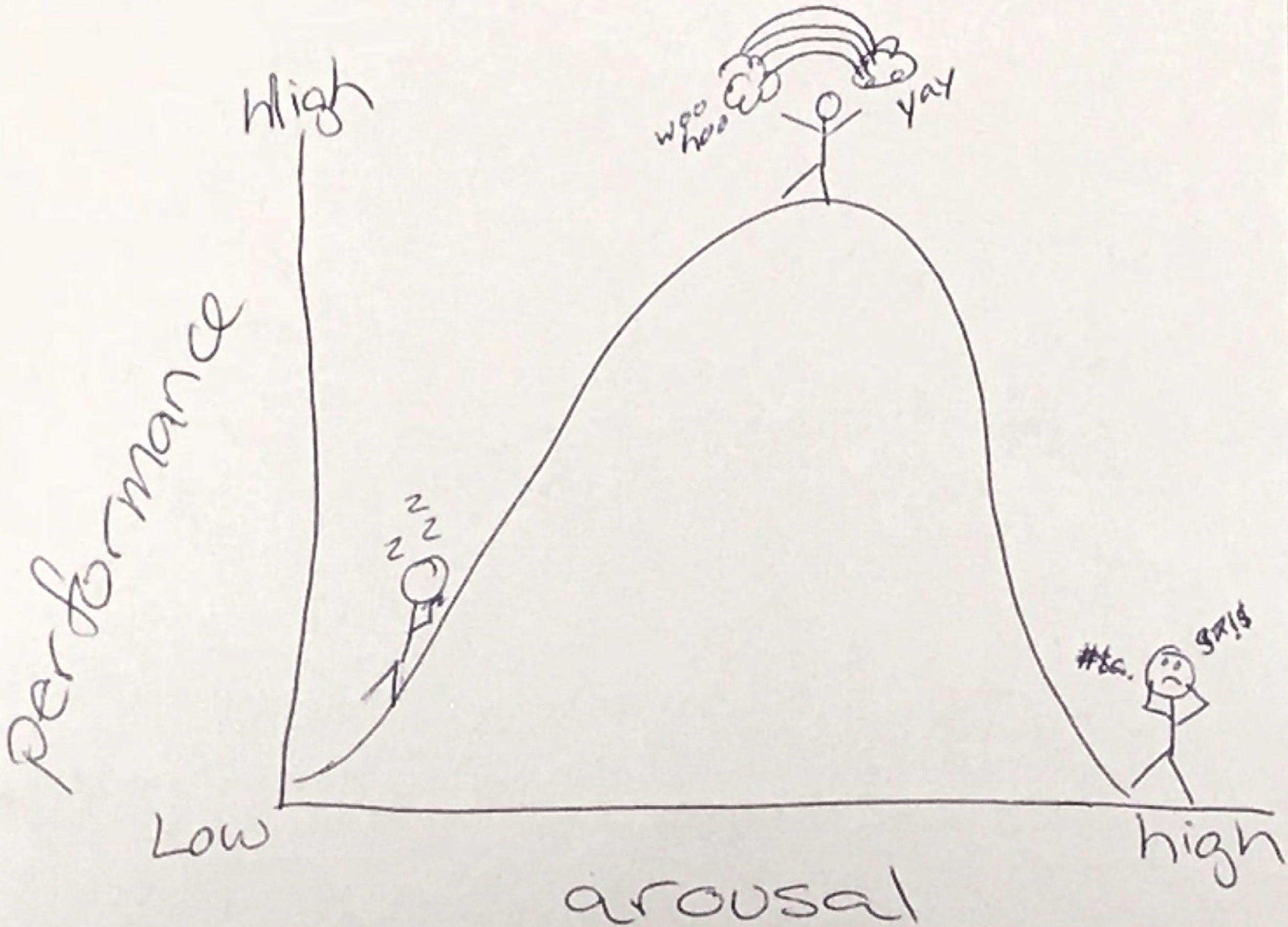
@ashleyliebig

Reframe
Rehearse
Reconnect

?


High
Performance
woo hoo
yay
z z z
#fml
Low
high
arousal

HIGH
PERFORMANCE
LOW
AROUSAL
HIGH

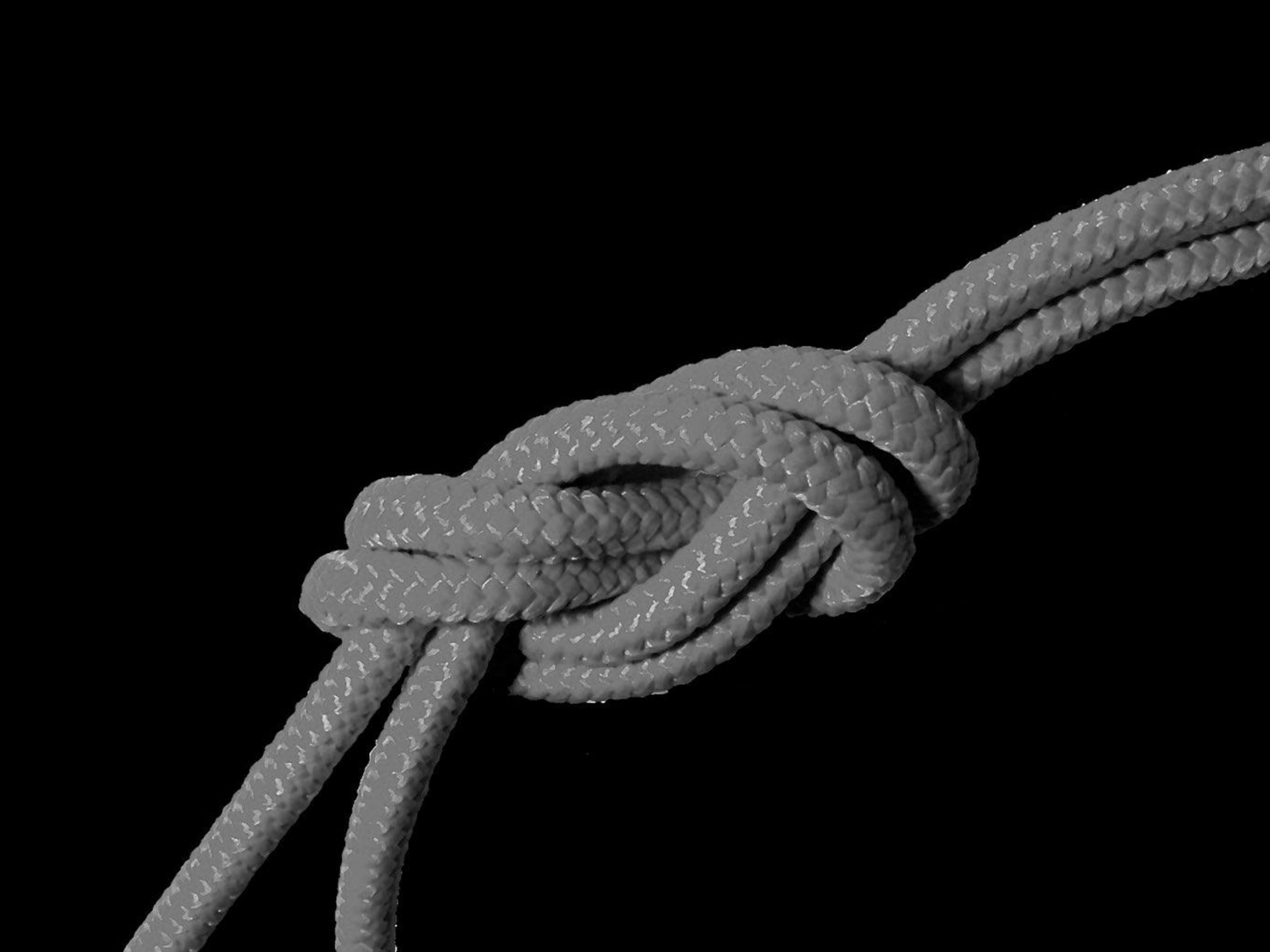
Cognitive
Reappraisal

10
11
12
1
2
9
3
8
4
7
6
5
LIGHTED DIAL
Made in USA

10
11
12
1
2
9
3
8
4
7
6
5
LIGHTED DIAL
Made in USA

Reframe

Reappraise



STARFlight
N373TC
TRAVIS
COUNTY

PHYSICAL
ENVIRONMENT
TASK
TIME
LEARNING
EMOTION
PERSPECTIVE

PHYSICAL
ENVIRONMENT
TASK
TIME
LEARNING
EMOTION
PERSPECTIVE

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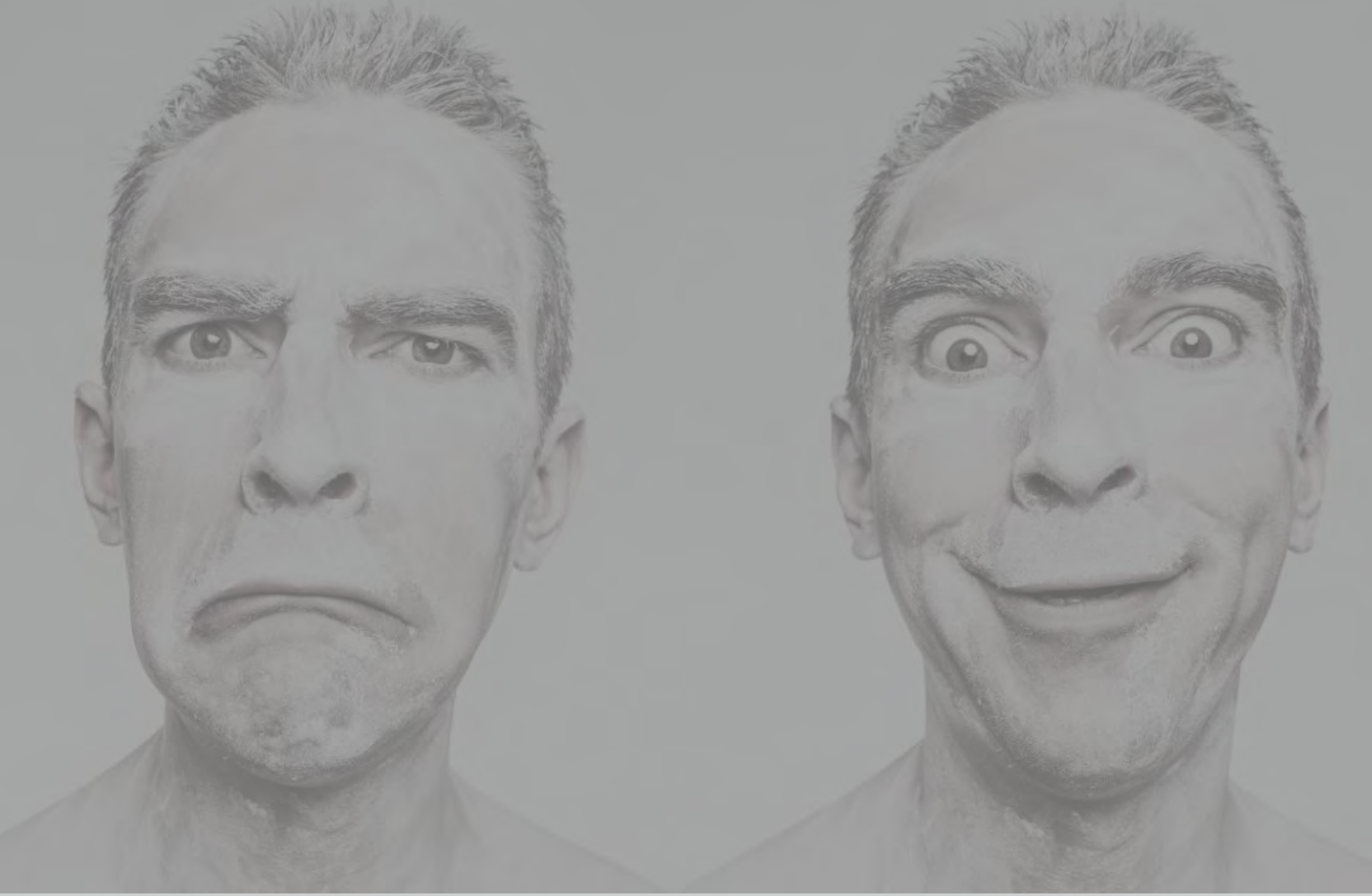


What if?

If.., then..!

Identify the THREATS
Can you REFRAME?

Visualization/Rehearsal reinforces automaticity and improves performance

PETTLEP
model for visualization

Physical
Environment
Task
Timing
Learning
Emotion
Perspective

Identify Threats

over arousal - negative emotion
inattention - fear - lack of skill
lack of preparation

NOW SOLVE!

Physical State

soften grip & face, step back, slow pace, deep breath, relax stance

Emotional State

self talk with emotional intensity to capture your attention, cue or trigger word for focus

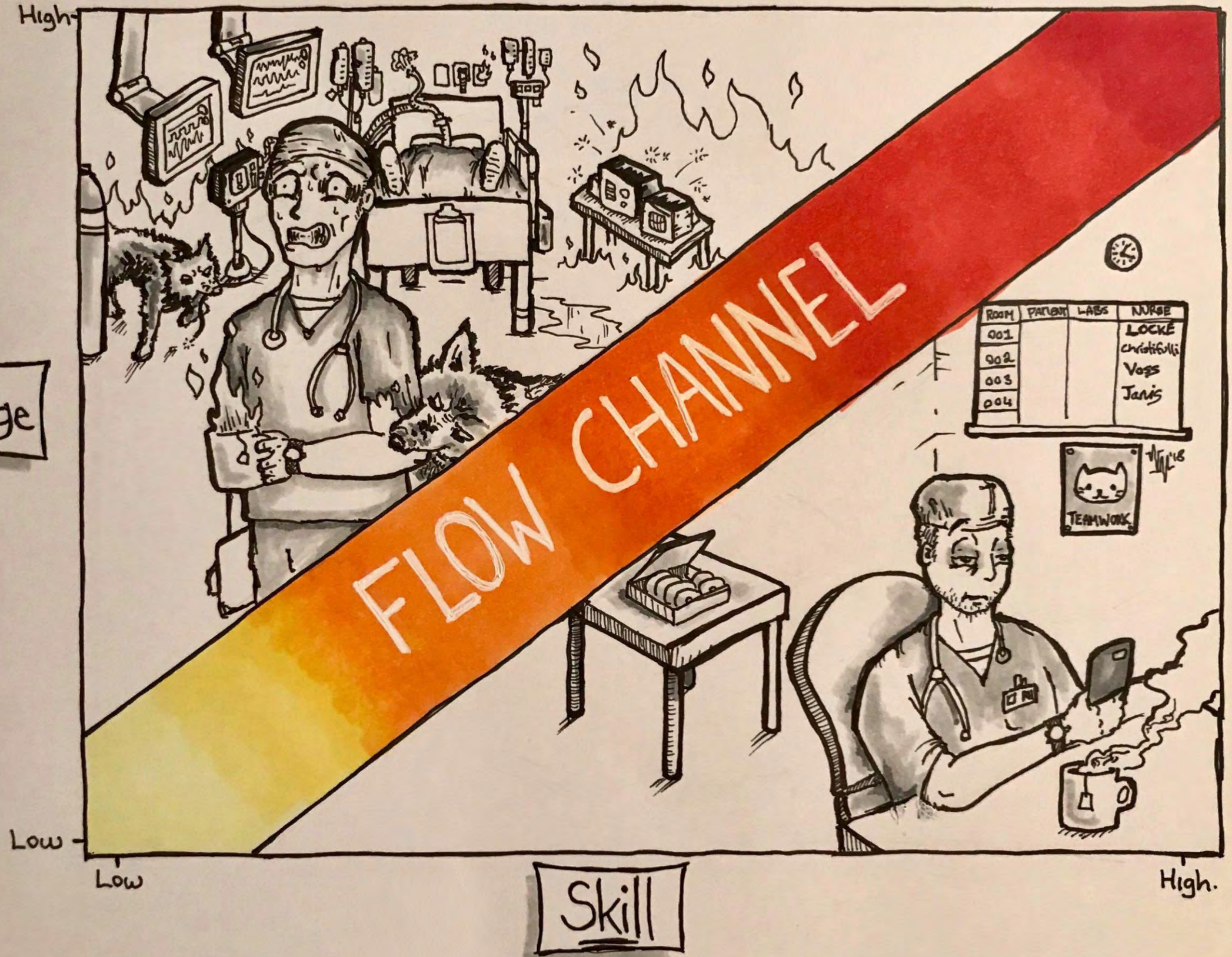
Cognitive State

notice where focus is, feel it & move on; reframe for acceptable outcome

PHYSICAL
ENVIRONMENT
TASK
TIME
LEARNING
EMOTION
PERSPECTIVE

The best moments in our lives are not the passive, receptive, relaxing times. The best moments usually occur if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.

- Mihaly Csikszentmihalyi


High
Challenge
FLOW CHANNEL
ROOM
PATIENT
LABS
NURSE
001
002
003
004
LOCKE
christifulli
Voss
Janis
TEAMWORK
Low
Low
Skill
High.

Reframe
Rehearse
Reconnect

Reframe
Rehearse
Reconnect