



ESSEX COUNTY MASSACHUSETTS
FIRE CHIEF'S ASSOCIATION

DECISION MAKING UNDER STRESS FOR FIREFIGHTERS

Benefits

- Make better decisions in all situations
- Be as effective at the end of your shift as the beginning
- Be able to make effective decisions under stress for longer periods of time
- Learn which tools to use before, during and after an emergency

Takeaways

- Tools to enhance decision making under stress
- Skills that can be applied at home in addition to the workplace
- Class notebook with resources
- Feedback from the ARSENAL™, a powerful assessment for increasing resilience

In the fast-paced world of fighting fires, every decision counts. Today's high-stress environment resulting from COVID-19 makes effective decision making even more critical—and stressful. The impact of stress on decision making is real and can have life-or-death consequences. As stress goes up, decision making effectiveness goes down.

This training will make a significant difference in how you respond under high or extreme stress.

Our work with Firefighters, Special Forces Operators, Police, SWAT, Fighter Pilots, Nuclear Operators, etc., shows there are ways to learn to make the best decisions even under very high stress in any environment.

Hear Dr. Thompson's MAC-V SOG experience on the Jocko Willink Podcast 204, 205 and 206.

About the Facilitator: **Henry L. (Dick) Thompson, Ph.D.**, is the President and CEO of High Performing Systems, Inc., and the author of *The Stress Effect: Why Smart Leaders Make Dumb Decisions—And What to Do About It*. Dr. Thompson's 21-year military service resulted in first-hand experience in decision making under stress. Background: Army combat veteran, Special Forces operator, black ops, MACV-SOG team leader, Ironman competitor, speaker, psychologist, Mensa.



March 23, 2021
9:00 a.m. - 12:00 p.m.
LIVE ONLINE TRAINING

Through a special partnership with Essex County Fire Chief's Association, your cost to attend this training is only **\$40**.
To register, call **800.535.8445** or email info@hpsys.com

 **High Performing Systems, Inc.**

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