

Middle Temple

DNA Definitive

Engaging your talent

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Work Based Learning

Who Is Under The Greatest Performance Pressure?



Study of Areas of Vulnerability



**Prof Emmy
Warner**

Resilience

**Prof Bruce
McEwen**

Steroid
Hormones



Visible Vulnerable Scrutinised



Resilience Is A Constant Calculation

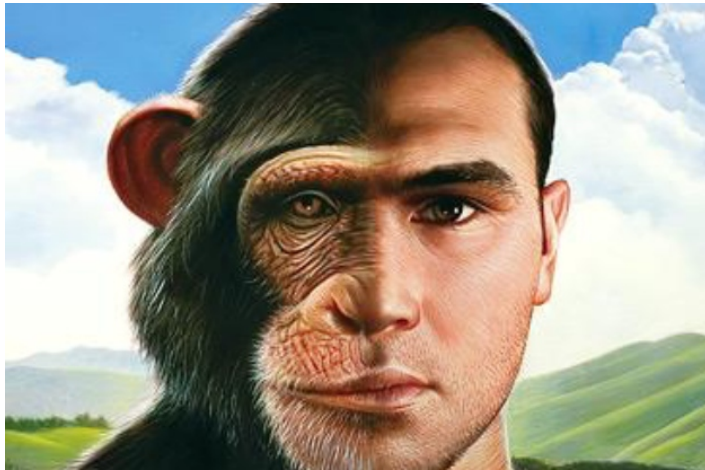
Challenge



Threat

A System Often At Odds With Itself

System not messed
with much



Differential Sensitivity

Cortisol



Performance Intelligence



Physiology of Stress Before / In Work

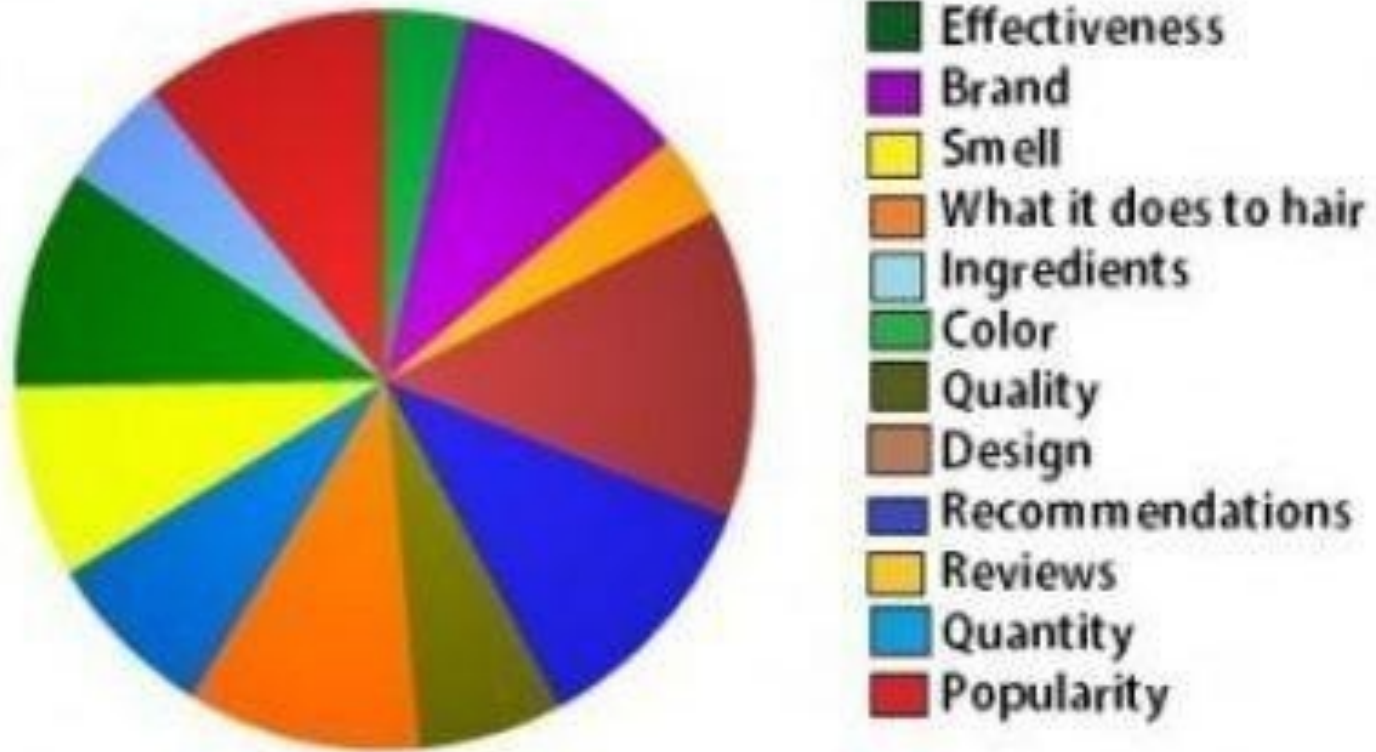
Richard was a little over-protective about his stapler.



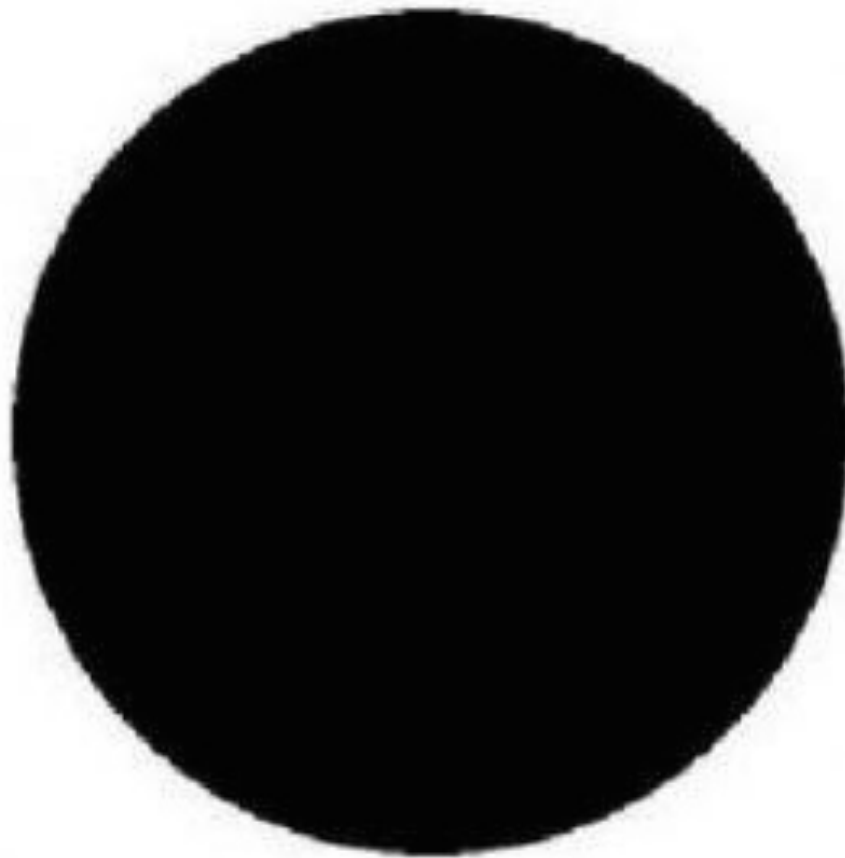
Neil was beginning to wonder if he was taking too much work home.



HOW WOMEN CHOOSE SHAMPOO:



HOW MEN CHOOSE SHAMPOO:



■ it says shampoo

Survive & Thrive



Wellbeing at the Bar

A Resilience Framework Assessment (RFA)
by Positive

April 2015



“One thing is certain in business. You and everyone around you will make mistakes.”



“In football 8 players win games not 11 – because everyone has off days.”

Mindfulness

THE HONOURABLE SOCIETY OF THE
MIDDLE TEMPLE

DROP-IN MINDFULNESS SESSIONS

THURSDAYS FROM 14TH JANUARY 2016
Sherrard Room, Ashley Building, Middle Temple.
Doors open 6pm,
guided mindfulness practice
from 6.15 - 7pm.

Led by Duncan Steen
Duncan Steen has taught meditation and mindfulness for 25 years,
all over London, including the City Lit, LSE, YMCA, and BA.

DONATION £5

- Brain imaging shows observed changes to 'threat system'
- Changes areas of the brain associated with cognitive functioning and the ability to regulate emotions
- Increased alpha wave activity (linked to relaxation and decreased anxiety)
- Increased immune system (antibody count)

Performance Intelligence

- Daily psychological hygiene due to frequency of psychological injury
- Hydrate / Sugar / Move
- Manage over breathing and exposure to 'psychic vampires'
- Acting on a sleep audit can often help
- Be a control freak but only regarding what you can control
- Develop effective mental rehearsal skills
- Confidence Peaks Chart or MOTD show reel
- Write down concerns in advance
- When reflecting change narrative from 'global' to 'specific'
- Identify micro-successes
- Decompress
- Combat isolation
- Organisational TRiM

Maya Angelou



“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style.”

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