GAZING Red2Blue

RED2BLUE PERFORMANCE

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THE PRIME ISSUE IS CONTROL OF ATTENTION

DIVERSIONS
PAST • FUTURE
Overwhelm • Disconnect

SITUATION

CAN'T CONTROL | CAN INFLUENCE | CAN CONTROL

ME

PROCESS
PRESENT • ON TASK
Outcome • Overview

- **E** XPECTATION
- **S** CRUTINY
- **C** ONSEQUENCES

PRESSURE POINTS

CLEAR PURPOSE
↓
PRIORITIES
1 | 2 | 3

POINTS OF SUCCESS

- **I** NFORMATION
- **M** EANING
- **P** RESSURE

AWAY FROM
S T U C

- **A** GGRESSIVE
- **P** ASSIVE
- **E** SCAPE

Label / Judge

Negative perception → Emotional response → Unhelpful behaviour → NEGATIVE CONTENT LOOP

Resist
Disconnect
Shutdown

SPECIFICITY — REPETITION

SKILL LADDER
PRESSURE
CONDITIONING
COMPONENTS

SCENARIOS — AWARENESS

OVERVIEW
Situational awareness

GAZING PRINCIPLE

SPECIFICS
Execution / Accuracy

TOWARDS
C I A

- **A** WARE
- **C** LEAR
- **T** ASK

STRUCTURE

PERFORMANCE EQUATION

SKILLSET — MINDSET

SPLIT ATTENTION / FIXATED
Assumptions • Expectations

FOCUSED ATTENTION / DIRECTED
Adapt • Adjust • Overcome

RECOGNISE — ACCEPT — CHOOSE