

# Pressure-Proof Your Performance

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

9

**Pre-requisites**

No prior experience needed

**Video duration**

15m

**Estimated study time**

15m 32s

**Instructor**

Joey Lye

## Introduction

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### 1 Transform pressure into peak performance

In a world where high-pressure situations are the norm, the ability to maintain composure and deliver peak performance is a critical skill.

## Build Resilience in High-Pressure Moments

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### 2 Stay confident through unexpected challenges

Unexpected challenges are inevitable, but how you prepare and respond makes the difference.

### 3 Break through mental blocks and self-doubt

Self-doubt and mental blocks can hinder peak performance in pressure-filled situations.

## Sharpen Your Focus in High-Stress Situations

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### 4 Maintain composure and clarity under pressure

Staying calm under pressure helps enhance decision-making and performance.

### 5 Stay present with mindfulness techniques

Distractions in high-pressure situations can lead to mistakes and missed opportunities.

### 6 Build a pre-performance routine for success

Having a solid pre-performance routine is the secret to staying consistent under pressure.

## Recover Quickly and Stay Resilient under Pressure

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**7** Turn mistakes into growth opportunities  
Mistakes are an opportunity for growth, especially in high-pressure situations.

**8** Bounce back fast after high-pressure situations  
Bouncing back quickly after stressful events is crucial to maintaining consistent performance.

## Conclusion

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**9** Perform under pressure with confidence  
Thanks for watching!

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