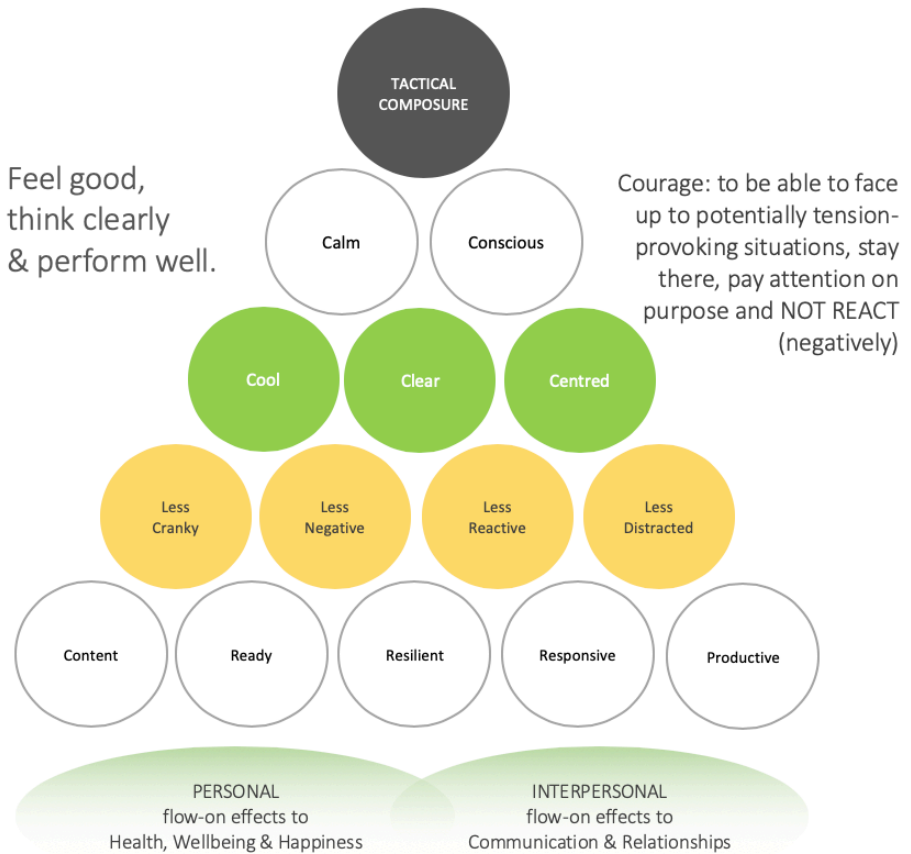




The Benefits of Tactical Composure: 0b

Some of the benefits that can be realised with the help of tactical composure skills, once practiced over time.



The benefits of Tactical Composure

Self-Awareness

- Improved self-insight
- Awareness of personal triggers
- Awareness of effective composure tactics that work for you
- Awareness of personal strengths, values, connections to your bigger picture

Wellbeing

- Improved sense of wellbeing and positive emotions
- Increasing health and immune function
- Feeling more relaxed and calm
- Reduced feelings of stress, frustration and/or anxiety
- Feeling less rushed
- Feeling more patient
- Enhanced sense of empathy and compassion for oneself
- Improved ability to fall and return to sleep once woken

Relationships

- Improved ability to listen
- Composed conversations, through a more responsive approach
- Becoming more approachable, through composed body language
- Improved patience with others
- Enhanced sense of empathy and compassion for others

Longer-Term Benefits to (Cognitive) Performance

- Boosts working memory and concentration
- Increased focus and information processing speed
- More cognitive flexibility
- Less emotional reactivity, more frustration tolerance
- Improved ability to maintain composure in the face of challenging situations: to be able to face up to potentially tension-provoking situations, stay there, paying attention on purpose and NOT REACT (negatively).

The usefulness of Tactical Composure

Free

- Free of side effects
- Free to use anywhere, anytime
- Don't require any equipment or ongoing subscriptions

Transferable

- The tactics can work in all settings: work, home, study, relationships
- Can be practiced in different postures sitting, standing, lying down, walking etc
- Can be practiced in different environments: such as quiet or noisy, alone or with people around

Personal

- You get to choose the tactics that suit you, from a range of demonstrations
- You get to choose how and when to practice
- You can quietly build self-insight and self-awareness along the way

Purposeful

A number of purposes, beyond just feeling good

- To proactively build stress-resilience and wellbeing
- To activate the cool, clear and constructive thinking centres of the brain
- To help manage feelings of discomfort and pain
- For preparing for difficult situations and conversations
- Used before, during and after potentially stressful situations

Relatable

- More men and women of varying ages and backgrounds are using the types of exercises that are embedded in Tactical Composure
- Everyday people can make sense of the need for composure in the face of challenging situations in life
- The language of composure is already used in our home and work life; including deep breathing; being mindful; time-out; re-focusing; handling triggers; managing stress and frustration, and so forth