Written preparation

Course name: Leadership II
Instructor: PhDr. Ing. Vratislav Pokorný
Prepared by: PhDr. Ing. Vratislav Pokorný
Topic: Change and load as natural aspects of professional environment.

Educational goal:

To introduce the principles, manifestations and consequences of change and load participating in human learning, decision-making and acting in demanding situations. To clarify the causes, manifestations and consequences of inadequate reactions to load in individuals and groups.

Contents:

1. Basic concepts and approaches concerning change, load, stress and crisis.
2. Models of stress affecting decision-making and acting, methods BfB and EEGBfB.
3. Cognitive and emotional aspects participating in human learning, decision-making and acting in demanding situations.

Individual assignments:

- Study support for LEA II - topics 4/5 - Change and load, selected aspects of coping with load and task fulfillment in demanding, limit and extreme conditions, situations and missions for supporting military-professional preparation (load and change, stress, stressors, ARS and PTSD).
- Elaboration of coping strategies indicators - SVF 78.