Leadership II

TOPIC 8

Subtle skills, principles and methods of maintaining and renewing psychophysical and mental condition
Contents:
• Hard, soft and subtle skills for military and security environment.
• Biological feedback, possibilities of objectively identifying the level of psychophysical and mental condition and affecting it (biofeedback, neurofeedback, stress profile, mental and cognitive training).
• Methods of reflection, relaxation, meditation as effective modifiers of level of psychophysical and mental condition.

Individual assignments:
• Study support for LEA II – topic 8: On the possibilities of identifying, forming and transforming disposition qualities of humans and micro-teams for solving tasks in demanding environment and crisis management.
Hard, soft & subtle skills for military and security environment.

1. Skills and knowledge of the military profession and specialization (hard skills).
2. Skills and dispositions for learning, decision-making and acting (subtle skills).
3. Skills for leadership, creating, maintaining and developing relationships (soft skills).
Biological feedback, possibilities of objectively identifying the level of psychophysical and mental condition and affecting it (biofeedback, neurofeedback, stress profile, mental and cognitive training).

1. Modalities of organism response to stress
2. Stress profile, possibilities of modifying the modalities and their effectiveness for load situations.
3. Mental and cognitive training in relation to psychophysical and mental condition and load resistance.
Methods of reflection, relaxation, meditation as effective modifiers of level of psychophysical and mental condition.

2. Principles and variants of effective relaxation - practical training.
3. Principles and variants of effective concentration training – meditation.