Applied Cognitive Performance™

Executive Brief

Evidence-Informed Training for Decision Clarity Under Pressure

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Overview

Applied Cognitive Performance™ is a structured, evidence-informed training program designed for organizations operating in high-stakes, high-pressure environments. The program equips participants with practical cognitive frameworks and ethical AI-supported tools to improve decision clarity, reduce cognitive overload, and sustain performance under stress.

This offering is **non-clinical, non-therapeutic**, and aligned with organizational wellness, leadership development, and professional training initiatives.

The Organizational Challenge

In environments where decisions carry significant consequences, cognitive overload, stress, and mental fatigue increase the risk of:

- Delayed or impaired decision-making
- Errors under time pressure
- Reduced situational awareness
- Burnout and performance degradation

These risks impact not only individuals, but organizational reliability, safety culture, and workforce sustainability.

What the Program Delivers

Applied Cognitive Performance™ provides participants with practical, transferable skills they can immediately apply.

Key Outcomes

- Improved clarity and consistency in decision-making
- Reduced cognitive overload and mental fatigue
- Stronger prioritization and cognitive organization
- Increased awareness of performance risk under stress

Participant Takeaways

- A structured cognitive performance framework
- Real-world application exercises
- Guided reflection tools and templates
- Examples of ethical, scope-appropriate AI-supported cognitive aids
- Resources for continued application beyond the session

Ethical Use of AI

AI tools are introduced solely as **supportive cognitive aids** for reflection, organization, and structured thinking.

AI is **not** used to:

- Replace professional judgment
- Make clinical or operational decisions
- Provide diagnosis, treatment, or tactical instruction

All applications are human-centered and ethically framed.

Who This Is For

- First responders and emergency services
- Public safety and communications teams
- Healthcare leadership and clinical support teams
- Executives and leaders in high-responsibility roles
- Organizations prioritizing wellness, resilience, and performance

Content can be tailored for leadership teams, frontline professionals, or mixed audiences.

Training Formats

- Virtual workshops (90 minutes to half-day)
- In-person sessions (half-day or full-day)
- Leadership briefings
- Pilot programs or phased implementations

Customization available based on organizational needs.

Alignment With Organizational Goals

This program supports:

- Workforce wellness and resilience initiatives
- Leadership and professional development
- Risk awareness and decision support
- Burnout prevention and cognitive sustainability

Facilitator

Karen T. Jackson, MPA, PA-C
Clinician-educator specializing in women's health, integrative wellness, and applied cognitive frameworks for sustainable performance.

Next Steps

Organizations may request:

- A brief discovery conversation
- A customized proposal
- A pilot or introductory session

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