

What is *Composed Performance*?

Raising Individual & Team Decision Quality & Performance Under Pressure — By Improving Access to Skill

$$\begin{array}{ccccc}
 \text{Performance} & = & \text{Skill} & \times & \text{Composure} \\
 \text{RELIABILITY UNDER PRESSURE} & & \text{UNDERLYING CAPABILITY} & & \text{ACCESS TO CAPABILITY}
 \end{array}$$

Organizations invest heavily in building **skill** — intelligence, expertise, credentials. Yet even highly skilled individuals often fail to perform at the level of their capability under pressure. The problem is rarely a lack of competence. It is a lack of reliable **access** to that competence when conditions become difficult. Composed Performance™ addresses this gap: a framework for defining, measuring, and managing **Composure Risk** — the probability that pressure will disrupt access to capability — in order to enhance performance and decision-quality when it matters most.

CORE CONCEPTS

Composure Risk

The probability that pressure, cognitive overload, or emotional activation will impair access to capability. It manifests as narrowed judgment, communication breakdown, reactive decision-making, and inconsistent execution — even among highly experienced professionals.

Conditioning & Boosts

Foundations are structured practices that build composure capacity over time — raising the threshold at which disruption takes hold. **Boosts** are short, practical interventions deployed in live situations to stabilize physiology and cognition in real time, inside pressure rather than away from it.

Measuring Composure

Composure is treatable as a measurable performance variable. The framework generates **Individual Composure Risk Profiles (ICRP)** and **Team Composure Risk Profiles (TCRP)** — enabling precision intervention aligned with specific patterns, rather than generalized development.

THE FIVE REGULATORY LEVERS

01	02	03	04	05
Breath	Voice	Body	Focus	Mindset
The most immediate lever in any live situation. Directly regulates physiological activation and pacing.	Resonance and pacing affect tension, communication quality, and interpersonal regulation simultaneously.	Posture and muscular tension influence physiological state and cognitive function — not merely its expression.	Attentional control is among the first capabilities to degrade under pressure, and among the most consequential.	Framing and self-talk shape how pressure is interpreted and how individuals respond to it in real time.

The future of performance may depend not only on what people know — but on whether they can reliably access what they know when it matters most.

Clarity vs Reactivity
Execution vs Hesitation
Leadership vs Destabilization
Consistency vs Volatility