

## **NZDF PSYCHOLOGY**

# **EQUIPPING PEOPLE FOR THE CHALLENGE**

NZDF psychologists are trained to assist personnel at all stages of their 'performance journey'. Individual appointments can be arranged directly by service personnel, or on their behalf by a commander.

For individuals who are struggling, NZDF psychologists can provide advice on how to develop work performance, improve resilience, and remain effective in stressful situations. Additionally, we can set up referrals to external providers in situations where specialist clinical support is required.

NZDF psychologists do a significant amount of work with individuals who are already performing well but want to take things to the next level. Think of it as a bit like sports psychology applied in a military context. This type of coaching can take a number of forms. It might be helping to formulate goals and a plan for reaching them. We can also assist in the application of mental skills and techniques to enhance performance. Additionally, NZDF psychologists are able to use personality metrics to give someone insight into their behaviours, strengths, development areas, and blind spots.

If deployed, it is standard practice for personnel to meet with a psychologist prior to, and following deployment to enable the effective transition to and from operational environments. NZDF psychologists also provide education and screening to personnel involved in critical incidents to promote effective coping.

### **Talk to your local NZDF Psychologist about:**

- Individual coaching to improve performance.
- Team workshops targeting resilience and mental skills.
- Responding appropriately to critical incidents.
- Understanding how to best support your people.
- Psychological support to operations.



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*"The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence"*