



MODULE 6 (39 minutes)

**Topic Title: Practical Decision Making**  
**Jamey Gadoury**

LO1: Recognize and distinguish strengths and weaknesses in their own decision-making

LO2: Employ techniques to make and support better decision-making

**Engagement Strategy:**

Personal story of decision making challenge. Reflection on the personal strengths & weaknesses as a team member, as well as vulnerabilities (rushing, fatigue, emotion). Understand and apply tools to improve decision making before (stories), during (breathe), after (evaluate/review).

**Synch Matrix:**

Start	End	Activity	Facilitator Notes
0:00	6:30	Main/Instructor Intro	Jamey Gadoury introduces himself as well as the topic of practical decision making by sharing a story.
6:30	8:30	"Describe" Exercise	Good exercise for pointing out strengths about yourself as well as your team.
8:30	10:10	Effects of Strengths and Weaknesses	Jamey explains the effects of knowing our own strengths and weaknesses and how it can affect decision making.
10:10	12:15	"Examine" Exercise	Compare distinct types of people and situations
12:15	21:30	How Thinking Can Affect Decisions	Jamey explains how our thought process and even our eating patterns can influence our decision making.
21:30	24:30	"Reflect" Exercise	Good exercise for reflecting on a time when you were worn out from making decisions.
24:30	37:10	Ways to Make and Support Better Decisions	Jamey walks through ways to make better decisions and narrows it down to three key points: Seek out new experiences for yourself, read or listen to stories of other's experience, and poll the audience.
37:10	38:24	Conclusion	

**Sources:**

Kahneman

Klein

Nibbelink & Brewer