STRESS MASTERCLASS: 8-WEEK STRESS RELIEF TRAINING

Lecture: Obstacles in decision making process

Goal: Become aware of obstacles in decision making process

Obstacles decision making process

1. Lack of information

Informations are very important in the decision-making process because they give us the possibility to measure. Also, the more information we have, we trust more, so we tend to make the decision. Lack of information makes us procrastinate.

2. Personal characteristics

Personal characteristics determine how we make decisions. Some of the personal characteristics that can adversely affect decision making are: insecurity, indecisiveness, lack of confidence, lack of motivation

3. External pressure

Deadlines, lack of time, other commitments and obligations that do not leave us much time to decide

4. Preconception

A pre-formed opinion on the consequences after a decision has been made. Fear that we will make the wrong decision.

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