

STRESS MASTERCLASS: 8-WEEK STRESS RELIEF TRAINING

Lecture: Decision making tool 4

Task: Work on this 4 questions in order to make the right decision or to work on project.

DECISION MAKING TOOL: PDSA cycle

DECISION / PROJECT: _____

Steps:

P - PLAN: Write about whole plan, define idea, answer on questions why, who, when?

D - DO: Test your idea. Collect the data. Analyze. Predict problems.

S- STUDY: Analyze data. Compare prediction and outcomes. Review progress.

A- ACT: What changes are to be made? Adopt, adapt or abandon cycle.