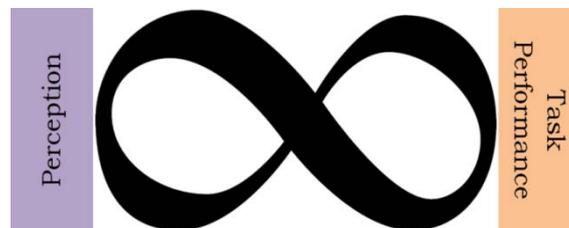


Perception & Performance



At the core of all performance is the reciprocal dynamic of perception and performance.



Perception is the means, by which we see and experience the world and, it is the way by which we make sense of the world.

In order to perceive, we must be able to link or associate pieces of sensory information with each other. Doing this requires a very fundamental capacity to form inter-relationships, which in turn, allows patterns of information to coalesce out of what would otherwise be a field of undifferentiated sensory information or sensory noise.

The same core skills, abilities and processes, which allow us to perceive, also allow us to generate patterns of performance, we are just utilising them in a reciprocal way in order to do this. For example, while perception is all about recognising patterns, performance is all about constructing patterns, hence we can talk about the necessity of the core ability to recognise and construct patterns, in order to be fully functional.¹

Perception and performance exist as a reciprocal dynamic where each aspect influences and alters the other ie: performance alters what is perceived as soon as any action or activity is initiated, and perception alters performance because performance is based on what is perceived. However, we also need to be aware that performance is something we to perceive and perception is something we are performing.

¹ It's important to understand that while pattern recognition and construction is a core skill required in order to be functional, there is still more to performance than just this. We need to get into the habit of asking, "But how do we do that?" until there is no further need to ask the question, because the answer is already self-apparent.