

Psychological pressure in simulator-based Intercompany training

The psychological pressure during an abnormal system state is high for an operator of an electric system. The operator has to make ad-hoc decisions based on information which are present at this time. A good simulator-based training can trigger operators to dive deeply into the simulated scenario and therefore the pressure and the stress is nearly as high as in real-life situations. Moreover, especially in intercompany trainings where you are observed by different parties like your supervisor, colleagues and participants from other companies. Here the psychological pressure can go into the extreme.

If you reach this state of extreme stress your decisions are perhaps irrational and lead to bad decision making. The main training goal in all simulator-based trainings should be to train the trainee in the best way. Like medical studies show is the learning and training effect under extreme pressure insufficient. Consequently, we have to bring the trainee to a point where the psychological pressure is reduced so that the learning and training effects are again back on track. We at DUtrain perform more than 100 training courses per year in the frameset of InterTSO, Intercompany and company courses. Here one of the main tasks of our highly educated trainers is to influence the atmosphere in the courses in that way that the pressure on the individual trainee is reduced which enable the trainee to make novel decisions and be able to adapt to change and also to be able to handle abnormal system states and find proper solutions.