



# Why We Struggle with Tough Decisions

## Overcoming Doubts and Dilemmas

### Course objectives

Successful completion of this course will increase your knowledge and ability to:

- ✓ **Understand the role that emotions play in decision-making.**
- ✓ **Describe how to make a decision effectively, recognizing key steps to take before, during, and after the decision-making process.**
- ✓ **Identify your values in order to guide your actions, behaviors, and decisions.**
- ✓ **Put into practice various methods for collecting and evaluating information.**
- ✓ **Recognize—and avoid—the most common traps that complicate tough decisions.**
- ✓ **Develop strategies to overcome your concerns about making and implementing tough decisions.**