

Leading under pressure

Maintaining calm when the heat is on!



The ability to manage the stress and pressure of a leadership role can sometimes vary depending on the circumstances. One of the most challenging aspects is the ability to keep your cool in complex high stress situations. It is in these moments that the ability to be a leader can really shine through. It is also often a determining factor in how leadership is respected and followed in the future.

Being able to manage the pressure of a situation and the emotional fallout is a key ability leaders need to develop. Not just the personal impact to themselves but also the ability to help carry those who follow them as well. For most, this aspect of leadership can only be learned when the heat is on. If you like, a forging in the fire is normally catalytic in bringing out the best and worst in current leadership abilities.

The Leading Under Pressure workshop creates a template for developing winning strategies to manage the tension of high stakes and demanding roles. This session is designed to equip leaders with the tools and methods to remain calm under pressure, maintain effective decision making and people management skills. It is ideally suited for those looking for ways to develop their capacity to lead to new found levels.

Designed for?

- » Tailored for all managers and leaders looking for ways to take their leadership abilities to the next level.
- » Suited for every level of organisational leadership and relevant to those looking for keys to unlock hidden strength to increase leadership performance.
- » Anyone who needs strategies to help manage the pressure of their leadership role.
- » An ideal group size is 6 – 15 participants

Key learning outcomes

- » Understand the core psychology drivers that result in the personal capacity to manage pressure.
- » Create a 'Leading Under Pressure' strategy unique to your situation.
- » Identify the hidden strengths that you can tap into to improve resilience.
- » Meet challenging poor performance head on and navigate to clear solutions.
- » Manage team expectations and create aligned perception when the heat is on.
- » Techniques to apply high, value low value task assessment when the workload is overwhelming.
- » Understand the critical self-management disciplines to set the correct tone and pace under fire.
- » Manage the tension of tough conversations to keep the team on track.



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