

# € TRAINING

Leadership Excellence in Handling Pressure  
& Stress





# Leadership Excellence in Handling Pressure & Stress

## Introduction:

This highly participative conference will help you to develop your leadership skills to lead others in times of pressure, stress, and crisis. You will gain the latest insights into what makes leaders able to manage themselves and others during times of crisis. By implementing these leadership skills to the tasks and challenges you face in your work, you will begin to experience breakthroughs you never thought possible.

## Conference Objectives:

At the end of this conference the participants will be able to:

- Understand and better appreciate the importance of managing stress
- Build and develop leadership skills for handling pressure
- Learn how to cultivate a positive mindset for in times of pressure
- Expand confidence to cope with stress
- Become familiar with how the different personality styles respond to stress and pressure and identify their technique in coping with stress
- Develop leadership skills for managing crisis
- Practice creative leadership for handling crisis
- Learn how to lead others during times of crisis

## Targeted Audience:

- Managers among all managerial levels
- Supervisors
- Team leaders
- Human resources department

## Conference Outlines:

### Unit 1: Personal Leadership Skills for Handling Pressure & Stress:

- Stress and its effects on the body, mind, and spirit
- Holistic response to stress
- Relationship between mind and body
- Personality styles and response to stress
- Understanding Introvert and Extravert responses to stress

### Unit 2: Enhancing Communication Skills in Times of Stress:

- Passive & aggressive responses
- Assertive communication during stressful times
- Managing conflicts during times of stress
- Giving and receiving criticisms during stressful moments
- Resolving conflicts constructively during times of pressure

### Unit 3: Leading with Confidence During Challenging Times:

- Coping with a sudden change
- Leading others during sudden changes
- Recognizing the symptoms of short term and long term effects of stress
- Motivating yourself and others under pressure
- Building confidence during stressful times

### Unit 4: Improving Leadership Effectiveness in Managing Crisis:

- Crisis management skills
- Recognizing opportunities for change in a crisis
- Helping the team look for creative opportunities
- Practicing creative leadership in facing a crisis
- Removing blocks to creative solutions in a crisis

### Unit 5: Developing & Training Your Team to Handle Pressure, Stress & Crisis:

- Training and developing employees to handle stress and pressure
- Stress handling techniques for you and your employees
- Helping the team to see the positive side of change in the workplace
- Implementing creative problem-solving skills for your team when facing a crisis
- Developing a personal action plan