



Leadership in High-Pressure Situations



Overview/ Description:

Under pressure, stress pulls leaders out of their roles and into managing mode, reacting to problems, controlling tasks, and just trying to get through the day. This session explores what happens in the brain during high-pressure moments and why that makes it harder to lead with clarity. We will look at how pressure pushes leaders toward managing instead of leading, and why that matters for your team's growth and resilience. Most importantly, you will leave with a simple, practical tool to help you slow down, refocus, and lead in a way that aligns with your values, even when the stakes are high.

Workshop Objectives:

This training will help you:

- Explain how stress impacts the brain and leadership behavior
- Identify your default leadership lane under pressure
- Shift from managing the crisis to leading through it



TARGET AUDIENCE:

NEW AND EXPERIENCED LEADERS, FROM SUPERVISORS TO EXECUTIVES, LEADING LOCAL, REMOTE, OR GLOBAL TEAMS



EXPECTED DURATION:

45-60 MINUTES