MERCURY

Leading Under Pressure Training Course

11 – 22 July 2027
Doha (Qatar)



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Ref: 15894_1067194 **Date:** 11 – 22 July 2027 **Location:** Doha (Qatar) **Fees:** 9900 Euro

Introduction:

In today's fast-paced and unpredictable environment, effective leadership under pressure is a critical skill that separates good leaders from great ones. This Leading Under Pressure training course equips participants with the tools, techniques, and mindset needed to excel in high-stress situations.

From managing crises to maintaining clarity in decision-making and fostering team cohesion during challenges, this Leading Under Pressure course provides practical strategies to help leaders stay composed, focused, and effective. Whether dealing with tight deadlines, unexpected changes, or conflicting priorities, participants will learn how to lead confidently and inspire team resilience.

The Leading Under Pressure course helps leaders develop essential skills for leadership under pressure. Effective leadership under pressure is crucial for maintaining team morale and ensuring success in today's fast-paced work environment. It focuses on techniques to remain calm under pressure, using proven pressure tactics in leadership to navigate challenging situations.

Participants will learn to manage leadership pressure effectively, enhancing their ability to lead confidently. As one well-known leader under pressure says, "Leadership is not about being in charge; it's about taking care of those in your charge," a concept that this Leading Under Pressure course emphasizes.

Targeted Groups:

- Mid-level and senior managers.
- Team leaders and supervisors.
- Project managers.
- Executives handling high-pressure roles.
- Crisis management professionals.
- Leaders in dynamic industries.
- Professionals aspiring to leadership roles.
- Human resource and organizational development professionals.

Course Objectives:

At the end of this Leading Under Pressure course, the participants will be able to:

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- Develop strategies to maintain composure during high-pressure situations.
- Enhance decision-making skills under stress and uncertainty.
- Strengthen leadership abilities to motivate and guide teams during crises.
- Improve communication effectiveness in challenging circumstances.
- Cultivate emotional intelligence for better stress management.
- Build resilience and adaptability to thrive in dynamic environments.
- Master prioritization and time management in high-stress scenarios.
- Learn to resolve conflicts and foster collaboration under pressure.

Targeted Competencies:

By the end of this Leading Under Pressure training, the participant's competencies will:

- Stress management and emotional intelligence.
- Decision-making under pressure.
- Crisis leadership and problem-solving.
- Effective communication in high-stress scenarios.
- Building team resilience and morale.
- Time management and prioritization.
- Adaptability and agility in dynamic environments.
- Conflict resolution and collaboration skills.

Course Content:

Unit 1: Understanding Leadership Under Pressure:

- Define pressure and its impact on leadership effectiveness.
- Recognize the psychological and emotional effects of stress on leaders.
- Identify the characteristics of successful leaders in high-stress environments.
- Analyze real-world examples of leadership in crises.
- Explore common challenges faced by leaders under pressure.

Unit 2: Emotional Intelligence and Stress Management:

- Develop self-awareness to recognize stress triggers.
- Learn techniques for emotional regulation in high-pressure scenarios.
- Practice mindfulness and relaxation techniques to maintain focus.
- Build resilience to recover quickly from setbacks.
- Understand the role of empathy in managing team stress.

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Unit 3: Effective Decision-Making Under Stress:

- Master frameworks for quick and informed decision-making.
- Learn to prioritize tasks during time-sensitive situations.
- Minimize biases and errors in judgment under pressure.
- Practice scenario-based exercises for problem-solving.
- Develop contingency plans to manage uncertainties.

Unit 4: Communication Skills in Challenging Situations:

- Craft clear and concise messages during high-stress moments.
- Enhance active listening to address team concerns effectively.
- Maintain transparency and trust through honest communication.
- Manage difficult conversations with tact and confidence.
- Use non-verbal communication to project calm and authority.

Unit 5: Building Resilient Teams and Organizational Agility:

- Foster a culture of adaptability and proactive problem-solving.
- Equip teams with stress management tools and resources.
- Strengthen team collaboration during high-pressure projects.
- Empower team members to take initiative in challenging scenarios.
- Evaluate and improve organizational processes to handle stress better.

Unit 6: Leading with Confidence in Crisis Situations:

- Develop strategies for maintaining confidence during uncertain times.
- Learn to make clear, decisive actions even when information is limited.
- Inspire trust and calm within your team during a crisis.
- Use authoritative yet empathetic communication to guide your team.
- Implement leadership techniques that reinforce team morale in high-stress events.

Unit 7: Conflict Resolution and Problem-Solving Under Pressure:

- Identify common sources of conflict during high-pressure situations.
- Learn conflict resolution techniques to maintain team cohesion.
- Foster collaboration to resolve disagreements quickly and effectively.
- Apply problem-solving methods to find optimal solutions in stressful environments.
- Strengthen interpersonal relationships to prevent conflicts from escalating.

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Unit 8: Time Management and Prioritization Under Stress:

- Master techniques for prioritizing tasks when facing tight deadlines.
- Learn how to delegate effectively in high-pressure situations.
- Implement tools for organizing and tracking progress under stress.
- Overcome procrastination and maintain productivity under pressure.
- Create action plans to stay on track and meet deadlines despite challenges.

Unit 9: Maintaining Personal Well-being and Work-Life Balance:

- Develop strategies to avoid burnout in high-stress leadership roles.
- Practice self-care techniques to recharge and stay focused.
- Establish boundaries to maintain work-life balance while leading under pressure.
- Learn how to identify early signs of stress and take corrective action.
- Build a support network to help manage stress in leadership positions.

Unit 10: Developing Long-Term Resilience as a Leader:

- Cultivate habits that support long-term stress management.
- Build personal and professional networks for ongoing support.
- Implement feedback loops to improve leadership under pressure continuously.
- Strengthen mental toughness and emotional stamina over time.
- Learn how to inspire long-term resilience in your team and organization.