



Leadership Excellence in Handling
Crisis & Stress Conference





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Introduction:

This highly participative conference on crisis and stress leadership excellence in handling pressure 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.

Leadership under Pressure:

The ability to demonstrate leadership under pressure is a central theme of this leadership excellence in handling pressure conference, where participants will learn to handle pressure with composure, maintain decision-making quality under stress, and guide their teams effectively. Crisis management training and stress management training are integral components of this process, fostering resilience and fortitude in leadership roles.

Targeted Groups:

- Managers at all managerial levels.
- Supervisors.
- Team leaders.
- Human resources department.

Conference Objectives:

At the end of this leadership excellence in handling pressure 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 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 crises.
- Practice creative leadership for handling crises.
- Learn how to lead others during times of crisis.

Targeted Competencies:

At the end of this leadership excellence in handling pressure conference, the target competencies will be able to:

- Leadership skills.
- Leadership skills during a crisis.
- Communication skills.
- Problem-solving.
- Stress management.

Managing Emotions Under Pressure:

The conference on crisis and stress leadership excellence in handling pressure delves deep into managing emotions under pressure. A dedicated session, potentially structured as a seminar or workshop, will equip participants with tools to understand emotional responses and cultivate emotional intelligence that aids in crisis leadership.

Conference Content:

Unit 1: Personal Leadership Skills for Handling Pressure and Stress:

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

Unit 2: Enhancing Communication Skills in Times of Stress:

- Passive and 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 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 and Training Your Team to Handle Pressure, Stress and 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.