Leadership Excellence in Handling Pressure and Stress Training

Description

Introduction

This highly participative course will help you to develop your leadership skills to lead others in times of pressure, stress and crisis. You will become more aware of your strengths and limitations when you experience workplace pressure. Based on the latest research on workplace stress you will gain knowledge to overcome the debilitating effects of stress. In this course you will obtain the latest insights into what make a leader able to manage themselves and others during times of pressure and stress. By applying these leadership skills to the tasks and challenges you face in your work, you will begin to experience breakthroughs you never thought possible.

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This course will feature:

- Leadership Skills for Handling Pressure & Stress
- Enhancing Communication Skills in Times of Stress
- Leading with Confidence During Challenging Times
- Improving Leadership Effectiveness in Managing Crisis
- Developing Your Team to Handle Pressure & Stress

objectives

By the end of this course, participants will be able to:

- Develop leadership skills for handling pressure
- Explain how different personality styles respond to stress and pressure
- Identify your personal style in coping with stress
- Develop leadership skills for managing pressure & stress
- Learn how to lead others during times of crisis

Contents

Day One

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
- Turning stressful challenges into opportunities

Day Two

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
- Creative solutions in times of stress

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Day Three

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
- Leading others with confidence

Day Four

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
- Creative leadership effectiveness

Day Five

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 crisis
- Enhancing team effectiveness during stress
- Developing a personal action plan

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