



*Conference:  
Leadership Excellence in Handling Pressure &  
Stress*

*17 - 21 March 2025  
Barcelona (Spain)  
Grupotel Gran Via 678*

## Conference: Leadership Excellence in Handling Pressure & Stress

Conference code: CO8248 From: 17 - 21 March 2025 Venue: Barcelona (Spain) - Grupotel Gran Via 678 Conference  
Fees: 6000 € Euro

### Introduction

This highly participative seminar will help you to develop your leadership skills to lead others in times of pressure, stress, and crisis. You will obtain the latest insights into what makes a leader able to manage themselves and others during times of crisis. 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.

### Objectives

- Build and develop leadership skills for handling pressure
- Gain the confidence to cope with stress
- Become familiar with how the different personality styles respond to stress and pressure and identify your personal style in coping with stress
- Develop leadership skills for managing crisis
- Learn how to lead others during times of crisis

### Delegates

This seminar is designed for anyone in a leadership role, supervisors, and team leaders who wish to learn more about strategies for improving leadership effectiveness in times of pressure, stress, and crisis.

### Process

The seminar will combine presentations with interactive practical exercises, supported by video materials, activities, and case studies. Delegates will be encouraged to participate actively in relating the principles of stress management to the particular needs of their workplace.

### Benefits

- Understand and better appreciate the importance of managing stress
- Learn how to cultivate a positive mindset for in times of pressure
- Practice creative leadership for handling crisis

### Results

- Discover how to handle a crisis in the organization
- Implement creative leadership for leading others in times of stress

- Develop the creative potential of others during times of crisis

## Core Competencies

- Implement leadership skills to manage a crisis with confidence
- Use effective communication to lead others during times of great pressure
- Help your team find creative solutions to workplace difficulties & challenges
- Enhance your leadership skills and improve your abilities to cope with stress
- Learn how to challenge assumptions and perceptions about stressful situations
- Return to work with leading practices to handle the pressure

## Outlines

### Day 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 Extrovert responses to stress

### Day 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

### Day 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

#### Day 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

#### Day 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 crisis
- Developing a personal action plan

## Registration form on the Conference: Leadership Excellence in Handling Pressure & Stress

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

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Full Name (Mr / Ms / Dr / Eng): .....  
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### Company Information

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### Person Responsible for Training and Development

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### Payment Method

- Please find enclosed a cheque made payable to Global Horizon
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