



*Training Course:
Leadership Excellence in Handling Pressure &
Stress*

*17 - 21 August 2026
Barcelona (Spain)*

Training Course: Leadership Excellence in Handling Pressure & Stress

Training Course code: LS1027 From: 17 - 21 August 2026 Venue: Barcelona (Spain) - Training Course Fees: 5775 € Euro

Introduction

In today's high-paced business world, leaders are constantly faced with the pressures of managing multiple tasks, teams, and projects, all while maintaining focus and performance. The ability to handle pressure and stress effectively is crucial for leaders who aim to not only survive but thrive in these challenging environments. This program is designed to equip leaders with the tools and techniques needed to manage stress, maintain composure, and lead their teams through high-pressure situations with resilience and confidence.

Through a combination of theoretical learning, practical strategies, and experiential exercises, this program will empower leaders to develop emotional intelligence, enhance decision-making under pressure, and cultivate a stress-resilient leadership style that fosters organizational success.

Objectives

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

- Understand the psychological and physiological effects of pressure and stress on leadership performance.
- Develop effective strategies for managing stress and maintaining clarity of thought under pressure.
- Cultivate emotional intelligence to manage both personal and team stress effectively.
- Make confident and informed decisions during high-pressure situations.
- Create a supportive environment that reduces stress and enhances team performance.
- Build personal resilience to thrive in challenging work environments.
- Learn techniques for promoting stress management within teams and organizations.

Target Audience

- **Senior Executives and Directors**
Leaders responsible for making high-stakes decisions and managing organizational pressure.
- **Middle and Senior Managers**
Managers who need to lead teams effectively under stress and handle organizational demands.
- **HR and Organizational Development Professionals**
HR leaders looking to develop organizational strategies for stress management and resilience building.
- **Project and Program Managers**
Professionals managing complex projects and teams under tight deadlines.
- **Entrepreneurs and Business Owners**
Entrepreneurs who face constant pressure in managing their businesses and need tools to cope with stress.
- **Aspiring Leaders and High-Potential Employees**
Emerging leaders preparing for senior roles and seeking to develop stress management skills for

leadership.

5-Day Training Outline

Day 1: Understanding Stress and Pressure in Leadership

- The psychological and physiological effects of stress on leadership
- Recognizing signs of stress in yourself and your team
- The science of stress: How it affects decision-making, communication, and performance
- Differentiating between pressure and stress: Healthy pressure vs. harmful stress
- Self-reflection: Identifying your personal stress triggers
- Case study: Real-life examples of leadership under pressure

Day 2: Building Emotional Intelligence to Manage Stress

- What is emotional intelligence and why it matters in stress management
- Understanding and managing your emotions under pressure
- Recognizing and empathizing with team members' stress levels
- Techniques for maintaining emotional balance during challenging situations
- Role-play exercise: Practicing emotional intelligence in stressful scenarios
- Building trust and fostering psychological safety to reduce stress

Day 3: Strategies for Managing Stress and Pressure Effectively

- Practical tools for stress management e.g., mindfulness, breathing exercises, time management
- Time management strategies to reduce pressure and maintain focus
- The importance of delegation and effective task prioritization
- Learning to say "no" and manage expectations
- Techniques for maintaining clarity of thought and decision-making under pressure
- Group discussion: Sharing personal stress management strategies

Day 4: Leading Teams Through High-Pressure Situations

- Recognizing stress within your team and understanding its impact on performance
- Techniques for providing support and guidance to your team during stressful times
- Leading by example: Maintaining composure and positivity
- Creating a culture of stress resilience within teams
- Coaching and mentoring to manage team stress effectively
- Simulation: Leading a team through a challenging, high-pressure situation

Day 5: Building Resilience for Long-Term Success

- The role of resilience in leadership: Thriving under pressure
- Techniques for building personal resilience: Mental toughness, positive self-talk, and growth mindset
- Developing a personal resilience plan: Long-term stress management strategies
- Leading through organizational change and uncertainty with confidence
- Creating a supportive work environment that fosters resilience and well-being
- Action planning: Integrating stress and pressure management strategies into your leadership style

Registration form on the Training Course: 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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Payment Method

- Please find enclosed a cheque made payable to Global Horizon
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