



*Training Course:
Leading Under Pressure: Managing
Organisational & Personal Crises*

*28 September - 2 October 2026
Barcelona (Spain)*

Training Course: Leading Under Pressure: Managing Organisational & Personal Crises

Training Course code: MA234890 From: 28 September - 2 October 2026 Venue: Barcelona (Spain) - Training Course
Fees: 5775 € Euro

Introduction

In today's fast-paced and unpredictable business environment, leaders must operate effectively under **pressure, stress, and crisis**. This interactive program equips participants with the **skills, mindset, and tools** to lead themselves and their teams during challenging times.

Participants will learn how to **anticipate risks, respond proactively, manage stress, and build resilient teams**, transforming potential crises into opportunities for growth and organizational success.

Training Objectives

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

- Develop and strengthen **leadership capabilities under pressure and stress**
- Understand personal and team responses to stress based on **different personality styles**
- Lead individuals and teams effectively during **crisis and uncertainty**
- Apply key principles of **strategic crisis management**
- Enhance communication and decision-making in high-pressure situations
- Foster accountability, ownership, and collaboration among stakeholders
- Build resilient teams capable of adapting to rapid change
- Transform crises into opportunities for innovation and improvement

Target Audience

This program is designed for:

- Senior Managers and Team Leaders
- Department Heads and Project Managers
- Executives responsible for **crisis management and operational continuity**
- HR and Training Professionals involved in leadership development
- Any professional who needs to **lead teams under pressure, stress, or crisis**

Training Outline

Day 1: Personal Leadership & Stress Management

- Understanding Stress: Causes, Types, and Impact on Performance

- Effects of Stress on the Body, Mind, and Behavior
- The Mind-Body Connection in Leadership Effectiveness
- Holistic Approaches to Managing Stress
- Identifying Personal Stress Triggers

Personality & Stress Response

- Different Personality Styles and Their Response to Pressure
- Introvert vs. Extrovert Behavior Under Stress
- Identifying Your Personal Coping Style

Workshop & Activities:

- Self-Assessment: Personal Stress Profile
- Reflection Exercise: Managing Stress in Real Situations

Day 2: Communication & Conflict Management Under Pressure

- Communication Challenges in High-Stress Situations
- Passive, Aggressive, and Assertive Communication Styles
- Practicing Assertive Communication During Pressure

Conflict Management

- Sources of Conflict During Stressful Situations
- Techniques for Managing and De-escalating Conflict
- Giving and Receiving Feedback Under Pressure
- Constructive Conflict Resolution Strategies

Workshop & Activities:

- Role Play: Communication Under Stress
- Scenario-Based Conflict Resolution Exercises

Day 3: Leading with Confidence in Times of Change

- Leading Through Uncertainty and Sudden Change
- Understanding Short-Term and Long-Term Effects of Stress
- Recognizing Stress Signals in Yourself and Others

Motivation & Confidence

- Motivating Teams During Difficult Times
- Building Personal and Team Confidence Under Pressure
- Maintaining Morale and Engagement

Workshop & Activities:

- Case Study: Leadership During Organizational Change
- Group Exercise: Motivating Teams in Crisis

Day 4: Crisis Leadership & Strategic Thinking

- Fundamentals of Crisis Leadership
- Identifying Organizational Vulnerabilities
- Crisis Anticipation and Scenario Planning

Creative Leadership in Crisis

- Leveraging Creativity and Innovation in Crisis Situations
- Identifying Opportunities Within Challenges
- Removing Barriers to Creative Problem-Solving

Workshop & Activities:

- Scenario Planning Exercise
- Group Activity: Crisis Response Strategy Design

Day 5: Building Resilient Teams & Action Planning

- Developing Teams to Perform Under Pressure
- Coaching and Supporting Employees During Stressful Situations
- Practical Stress Management Techniques for Teams

Team Resilience & Performance

- Encouraging Positive Mindsets Toward Change
- Embedding a Culture of Adaptability and Accountability
- Strengthening Team Collaboration in Crisis

Action Planning & Implementation

- Applying Creative Problem-Solving in Real Work Situations
- Developing a Personal Leadership Action Plan
- Translating Learning into Workplace Practice

Final Activities:

- Group Presentation: Crisis Management Plan
- Individual Action Plan Development

Registration form on the Training Course: Leading Under Pressure: Managing Organisational & Personal Crises

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

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