Global Horizon
TRAINING CENTER

Training Course:
Leadership Excellence in Handling Pressure & Stress

10 - 14 August 2026
London (UK)

Training Course:
Leadership Excellence in Handling Pressure & Stress

Training Course code: LS1027 From: 10 - 14 August 2026 Venue: London (UK) - Training Course Fees: 5775 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

This seminar aims to enable participants to achieve the following 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

Course Process

The seminar will combine presentations with interactive practical exercises, supported by video materials, activities and case study 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

Competencies

Participants will develop the following 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 Extravert 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 a crisis
- Developing a personal action plan

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

Delegate Information

Full Name (Mr / Ms / Dr / Eng): .....
Position: .....
Telephone / Mobile: .....
Personal E-Mail: .....
Official E-Mail: .....

Company Information

Company Name: .....
Address: .....
City / Country: .....

Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): .....
Position: .....
Telephone / Mobile: .....
Personal E-Mail: .....
Official E-Mail: .....

Payment Method

- ☐ Please find enclosed a cheque made payable to Global Horizon
- ☐ Please invoice me
- ☐ Please invoice my company

Easy Ways To Register

Telephone: +201095004484 to provisionally reserve your place.	Fax your completed registration form to: +20233379764	E-mail to us : info@gh4t.com or training@gh4t.com	Complete & return the booking form with cheque to:Global Horizon 3 Oudai street, Aldouki, Giza, Giza Governorate, Egypt.