



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

*19 - 23 October 2026
Barcelona (Spain)*

Training Course: Leadership Excellence in Handling Pressure & Stress

Training Course code: LS7005 From: 19 - 23 October 2026 Venue: Barcelona (Spain) - Training Course Fees: 5775 € Euro

Introduction

In today's fast-paced and demanding work environment, leaders are expected to perform effectively under pressure, manage stress professionally, and guide their teams confidently through uncertainty and crisis situations. The ability to remain calm, resilient, and focused during challenging times is a critical leadership competency that directly impacts organizational performance, employee morale, and operational stability.

The Leadership Excellence in Handling Pressure & Stress program is designed to help participants strengthen their leadership capabilities, improve emotional resilience, and develop practical strategies for managing stress, pressure, and crisis situations effectively. The program focuses on stress management, leadership communication, conflict resolution, emotional intelligence, crisis leadership, and team development.

Participants will gain practical tools and techniques to manage themselves and others during difficult situations, improve workplace relationships, strengthen confidence, and create supportive and resilient teams capable of performing effectively under pressure.

Course Objectives

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

- Develop leadership skills for handling pressure and stressful situations.
- Improve emotional resilience and self-confidence during challenging times.
- Understand different personality responses to stress and pressure.
- Apply effective communication and conflict management techniques under stress.
- Lead teams confidently during periods of crisis and change.
- Utilize stress management and coping techniques effectively.
- Encourage creative thinking and problem-solving during crises.
- Support employees and teams in managing workplace stress.
- Build positive and resilient work environments.
- Develop practical action plans for managing pressure and crisis situations.

Target Audience

- Managers and Supervisors
- Team Leaders
- Project and Operations Managers
- HR and Organizational Development Professionals
- Professionals Working in High-Pressure Environments
- Crisis and Emergency Response Personnel

- Individuals Responsible for Leading Teams During Change or Crisis

5-Day Training Outline

Day 1: Personal Leadership and Stress Management

- Understanding stress and workplace pressure
- Effects of stress on performance and behavior
- Relationship between mind, body, and emotional resilience
- Personality styles and stress responses
- Introvert and extrovert reactions under pressure
- Developing personal coping strategies
- Building self-awareness and emotional control

Day 2: Communication and Conflict Management Under Pressure

- Communication challenges during stressful situations
- Passive, aggressive, and assertive communication styles
- Conflict management during pressure situations
- Giving and receiving feedback professionally
- Managing emotions during difficult conversations
- Building trust and maintaining relationships under stress
- Practical communication exercises

Day 3: Leading with Confidence During Challenging Situations

- Leadership during change and uncertainty
- Managing sudden organizational changes
- Recognizing short-term and long-term stress symptoms
- Motivating teams during difficult times
- Building confidence and emotional resilience
- Decision-making under pressure
- Supporting team morale and productivity

Day 4: Crisis Leadership and Creative Problem-Solving

- Principles of crisis leadership
- Crisis management and response techniques
- Recognizing opportunities during crises
- Encouraging innovation and creative thinking
- Removing barriers to effective problem-solving
- Leading teams through uncertainty
- Developing proactive leadership approaches

Day 5: Building Resilient and High-Performing Teams

- Training teams to handle pressure and stress
- Stress management techniques for employees
- Supporting positive attitudes during change



- Team resilience and emotional support strategies
- Implementing creative problem-solving within teams
- Developing personal and organizational action plans
- Final review and leadership development planning

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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