Global Horizon
TRAINING CENTER

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

7 - 11 June 2027
Bangkok (Thailand)

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

Training Course code: MA234890 From: 7 - 11 June 2027 Venue: Bangkok (Thailand) - Training Course Fees: 6350 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

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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

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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

Delegate Information

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Person Responsible for Training and Development

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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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.