



Conference:
*Leadership Excellence in Handling Pressure &
Stress*

*25 - 29 January 2027
Barcelona (Spain)*

Conference: Leadership Excellence in Handling Pressure & Stress

Conference code: CO8248 From: 25 - 29 January 2027 Venue: Barcelona (Spain) - Conference Fees: 6300 € 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

- 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

Target Audience

- Senior Managers and Middle Managers
- Team Leaders and Supervisors
- Project Managers and Program Managers
- Department Heads and Operational Leaders
- Crisis Management and Emergency Response Professionals
- Human Resources and Organizational Development Professionals
- Professionals responsible for leading teams under pressure
- Operations Managers working in high-stress or fast-changing environments
- Healthcare, industrial, and service sector supervisors dealing with critical situations
- Professionals involved in change management and organizational resilience
- Individuals seeking to strengthen leadership skills in stress and crisis situations
- Emerging leaders preparing for high-pressure leadership roles
- Anyone responsible for managing people, performance, and decision-making during crises

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 crisis
- Developing a personal action plan

Registration form on the Conference: Leadership Excellence in Handling Pressure & Stress

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