



**London Elite Centre**



## *Crisis Management & Leading Under Pressure*

*PDF Broshoure of the Event*  
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## Crisis Management & Leading Under Pressure

**Start date:2023-10-09**

**End date:2023-10-13**

**Location:London**

**Price: \$5750**

However, if dilemmas are inevitable because of an expanding number of elements then your business needs to determine their vulnerabilities and draw up possible crisis situations. By using these skills to the tasks as well as difficulties you deal with in your work, you will certainly start to experience developments you never ever thought possible.

### Program Goals of Crisis Administration & Leading Under Pressure

- Understand and much better appreciate the value of taking care of stress and anxiety and also pressure.
- Build and also develop leadership skills for taking care of stress, pressure, and crisis.
- Come to be accustomed to exactly how the various individuality designs respond to stress and pressure as well as identify their style in managing stress and anxiety.
- Discover exactly how to cultivate a positive state of mind for in times of crisis.
- Find out how to lead others throughout times of dilemma.
- Obtain a comprehensive knowledge of the key aspects of Strategic Situation Administration.
- Recognize the anatomy of a crisis and also what must remain in place before, throughout as well as after an event.
- Find out exactly how to produce ownership as well as responsibility by all stakeholders to guarantee the company reacts efficiently and successfully.

#### 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 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

- Utilizing creativity in crisis
- 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, and 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