



Leading Under Pressure

Managing Organisational & Personal Crisis

► Upcoming Sessions

22 Jul-02 Aug 2024	Istanbul - Turkey	\$11,900
07-18 Oct 2024	Barcelona - Spain	\$11,900

► Training Details

Training Course Overview

This highly participative Anderson training course will help develop your leadership skills to lead others in times of pressure, stress and crisis. You will become more aware of your strengths and limitations when you experience workplace pressure. In this training course you will obtain the latest insights into what make a leader able to manage themselves and others during times of pressure and stress. This training course covers the best practices and the proven way of successfully dealing with a crisis.

This Anderson training course will feature:

- Leadership Skills for Handling Pressure & Stress
- Leading with Confidence During Challenging Times
- Best practice advice drawing on the expertise of crisis researchers, analysts and practitioners
- Getting the maximum from emergency responders and crisis management teams
- How to avoid mismanagement and to make a bad situation worse

The Structure

This comprehensive Anderson training course consists of two modules which can be booked as a 10 Day Training event, or as individual, 5 Day courses.

Module 1 - [Leadership Excellence in Handling Pressure & Stress](#)

Module 2 - [Strategic Crisis Management: Planning for Unexpected Challenges](#)

Training Course Objectives

By attending this Anderson training course, delegates will be able to:

- Develop leadership skills for handling pressure
- Explain how different personality styles respond to stress and pressure
- Acquire an in-depth knowledge of the key aspects of Strategic Crisis Management
- Develop strategies to ensure you and your organisation to respond efficiently and effectively
- Understand the five deadly leadership behaviours and six winning strategies in a crisis

Designed for

The Anderson training course is suitable for:

- ▶ Individuals in leadership roles
- ▶ Individuals being groomed for leadership
- ▶ Individuals working together in teams
- ▶ Any person actively involved in interacting with others
- ▶ Any person interested to learn more about managing stress

Training Course Outline

Among a range of valuable topics, the following will be given high priority:

- ▶ Personal leadership skills for handling pressure and stress
- ▶ Stress and its effects on the body, mind and spirit
- ▶ Holistic response to stress
- ▶ Relationship between mind and body
- ▶ Passive & aggressive responses during stressful times
- ▶ Managing conflicts during times of stress
- ▶ Leading with confidence during challenging times
- ▶ Improving leadership effectiveness in managing crisis
- ▶ Practicing creative leadership in facing a crisis
- ▶ Training and developing employees in handling stress and pressure

▶ The Certificate

Anderson Certificate of Completion will be provided to delegates who attend and complete the course.

▶ INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: info@anderson.ae

Request for a Tailor-made training and educational experience for your organization now:

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