



## Leadership Excellence in Handling Pressure & Stress

The Art and Science of Performance Under Pressure

### ► Upcoming Sessions

07-11 Apr 2025	Online	\$3,950
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### ► Training Details

#### Online Training Course Overview

In today's highly demanding work environment, leaders often must respond to high work demands, such as: short time decision making processes, extended working hours, personnel organization, among others. Job stress is considered one of the main professional diseases that affect most employees of the 21<sup>st</sup> Century. This Anderson online training course provides you with the latest cutting-edge knowledge to overcome the debilitating effects of stress. You will obtain the latest insights on how to perform during times of pressure and stress. By applying proven strategy, you will be able to take on the challenges of job-related stress without compromising performance.

#### Online Training Course Objectives

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

- Develop leadership skills for handling pressure
- Explain how different personality styles respond to stress and pressure
- Identify your personal style in coping with stress
- Develop leadership skills for managing pressure & stress
- Learn how to lead others during times of crisis

#### Designed For

**This Anderson online training course is designed for a wide range of professionals but will greatly benefit:**

- Individuals with real leadership responsibility
- Individuals being groomed for leadership
- Individuals who have proved greater leadership abilities
- Any person actively involved in interacting with others and involved with managing others in a supervisory role

### ► Training Details

#### Day One: 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
- ▶ Turning stressful challenges into opportunities
- ▶ Leading a team under tremendous stress

## Day Two: 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
- ▶ Managing body & mind healthily
- ▶ Developing a healthy lifestyle

## Day Three: 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
- ▶ Managing your mind in a positive manner
- ▶ Leading others with confidence

## Day Four: 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
- ▶ Creative leadership effectiveness

## Day Five: 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
- ▶ Enhancing team effectiveness during stress
- ▶ Developing a personal action plan

### ▶ Preview

10:30 - 11:00	:	Welcome, Setup, Registration
<b>11:00 - 12:30</b>	:	<b>First Session</b>
12:30 - 12:45	:	Break (15 minutes)
<b>12:45 - 14:15</b>	:	<b>Second Session</b>
14:15 - 14:30	:	Break (15 minutes)
<b>14:30 - 16:00</b>	:	<b>Third Session</b>

### ▶ The Certificate

An Anderson e-Certificate will be provided to delegates who attend and complete the online training course

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

Call us: +971 4 365 8363

Email: [info@anderson.ae](mailto:info@anderson.ae)

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

Email: [inhouse@anderson.ae](mailto:inhouse@anderson.ae)

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