



Leadership Under Pressure Masterclass

**How the experts do it – Taking our lead from
the forces and athletes**

Duration

3 hours

Introduction

This is impacting on all sectors of our country and we are struggling to find ways to cope. This is leading to increased mental health issues, more staff absenteeism and organisations not hitting goals or in some cases even financial targets. But there are things we can learn and strategies we can practice and then coach and train our staff to better outcomes.

Stages of Mastery

1. Why do we feel pressure? What causes the feeling and how we become overwhelmed or just lower in competence.
2. We need to look at our ‘superpowers’ under pressure and learn our pressure type. This is also an activity that attendees can take into their teams to use.
3. Putting it all together into a strategies and tools that work in real life – using the **Flourish Priority Under Pressure Method**

When you walk away

1. You will know why you are feeling the way you do and what you can do to improve the negative impacts on your performance
2. You will be better equipped to support your teams and colleagues
3. You will have a tool you can use in any circumstance - **Flourish Priority Under Pressure Method.**

How to make the most of the training

1. Commit to looking inward and focussing on yourself as the first priority.
2. Start to note down what you have noticed in staff teams as we discuss each aspect, so you build a team profile
3. Commit to the mastery changes you need to make (we will look at them in detail within the training)

