

Chris Smith

Curious Leadership
Expanding Capacity Under Pressure

Signature Keynote

In high-stakes environments, pressure is constant.

While most leadership development focuses on strategy and execution, Chris addresses what sits underneath it - **Composure**.

His framework, The Emotional Athlete, teaches that pressure is not the problem. Limited capacity is.

When pressure exceeds capacity, even experienced leaders become reactive. Decision-making accelerates without clarity. Control tightens. Listening narrows. Strategic thinking gives way to urgency.

The issue isn't capability. It's reactivity under load.

Through the disciplines of Presence, Gratitude and Curiosity, Chris helps leaders remain clear-headed, deliberate and composed when stakes are high.

His message is direct: You can't eliminate pressure. But you can expand your capacity to meet it.

Audience Outcomes

- ✓ Greater clarity and strategic thinking under stress
- ✓ Lead conversations without narrowing perspective
- ✓ Influence a culture that responds rather than reacts.
- ✓ A practical thinking framework to implement immediately
- ✓ Recognise reactivity before it shapes decision-making

"Leadership maturity is not the absence of emotion. It's the mastery of response."



About Chris

Chris Smith is the creator of The Emotional Athlete framework - a practical philosophy grounded in a simple belief: emotional capacity is trainable.

After years leading in high-pressure environments where performance was non-negotiable, Chris noticed a consistent pattern. Strategy wasn't failing. Skill wasn't lacking. Reactions under pressure were the problem.

He began studying the internal disciplines that allow leaders to remain clear, deliberate and expansive when pressure rises. That work evolved into The Emotional Athlete - a structured approach to building capacity through Presence, Gratitude and Curiosity.

Chris delivers grounded, practical insights shaped by lived leadership experience and disciplined reflection. No hype. No theatrics. Just clear thinking under pressure.

He works selectively with people and organisations committed to strengthening performance by building emotional fitness.

