

COMPOSURE UNDER PRESSURE

Practical Leadership for High-Stakes Environments



Chris Smith WORKSHOP FACILITATOR

|| The Challenge

In high-pressure environments, even capable leaders begin to narrow.

- Thinking speeds up
- Listening drops
- Perspective narrows

Decisions get made.
But not always clearly.

Most teams don't lack skill or experience.

They lack the capacity to stay composed when it matters most.

This workshop trains capacity.

How leaders think, respond, and lead when pressure is at its highest.

|| The Approach

Participants are introduced to a practical framework for building composure under pressure, centred on **3 trainable capacities**:

THE PAUSE

Interrupts Reactivity

+

THE REFRAME

Stabilises Thinking

+

THE QUESTION

Expands Perspective

Together, these build the ability to stay clear, composed, and effective under pressure.

|| Areas Of Focus

- Recognising behavioural patterns under pressure
- Improving self-leadership and awareness in real time
- Strengthening communication and alignment across teams
- Understanding different levels of thinking in self and others
- Building consistency in how teams respond to pressure

|| Outcomes

- More cohesive and aligned teams
- Clearer communication in high-pressure situations
- Reduced reactive behaviour across teams
- Improved adaptability during change
- More consistent decision-making under pressure

|| Best Fit For

- Leadership teams operating under constant pressure
- Organisations navigating change, growth, or complexity
- Teams where decision-making speed is high, but clarity is inconsistent

ENQUIRE ABOUT WORKSHOP AVAILABILITY



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|| Format

Half-Day Workshop (3-4 hours)

- Delivered in small, focused groups
- Interactive and discussion-based
- Designed for immediate application

Customised On Request



**YOU CAN'T ELIMINATE PRESSURE.
BUT YOU CAN TRAIN YOUR CAPACITY TO MEET IT**



Also available as a keynote: **"Composure Under Pressure - The Key to Better Decisions"**