

# BETTER DECISIONS START WITH COMPOSURE

Helping leaders improve decision-making and performance in high-pressure moments.



## THE CHALLENGE

In high-pressure environments, even capable leaders narrow.

Thinking speeds up. Listening drops. Perspective narrows.

**Decisions get made. But not always clearly.**

The issue isn't experience or capability. It's how people respond when pressure arrives.

## THE SHIFT

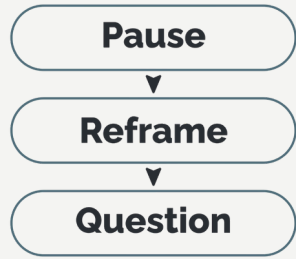
The difference isn't more strategy or skill.

**It's the ability to stay with what's happening, without being taken over by it.**

Clear thinking, steady communication, and better decisions don't happen by chance.

A simple **Pause**, **Reframe**, and **Question**, can make all the difference.

This is what allows leaders to **maintain clarity, alignment, and performance.**



### KEYNOTE

#### COMPOSURE UNDER PRESSURE

##### The Key to Better Decisions

This keynote changes how leaders understand and respond to pressure.

Chris delivers a practical and grounded session that helps audiences recognise what happens under pressure and how to manage it more effectively in real time.

#### AUDIENCE TAKEAWAYS:

- Maintain clearer thinking under pressure
- Communicate effectively in high-stakes situations
- Reduce reactive decision-making
- Improve consistency in leadership performance
- Respond with clarity instead of urgency

### ABOUT CHRIS

Chris Smith's work is shaped by environments where pressure isn't theoretical.

From high-pressure operational roles to endurance events and a rural upbringing, he's seen how pressure impacts the way people think and respond.

Today, he helps leaders build the capacity to stay composed, think clearly, and perform when it matters most.

His delivery style is grounded, practical, and real.

No hype. No performance.

Just clear thinking and tools people can apply immediately.



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



**BOOK A KEYNOTE**  
Inspire your audience.  
Drive real impact.



**ENQUIRE ABOUT WORKSHOPS**  
Practical high-impact sessions  
for leaders and teams



chris@chrisjsmith.com.au



0473801195

