Leading Under Pressure: Mastering Crisis Management Skills

28 June – 2 July 2027
Munich (Germany)



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Why This Course

Leaders are often tested most during moments of uncertainty, pressure, and crisis. Whether facing operational disruptions, reputational challenges, or unexpected emergencies, effective leadership requires calm decision-making, clear communication, and the ability to guide teams through demanding circumstances.

This intensive 1-week program equips leaders with the skills and tools needed to manage high-pressure situations with confidence and clarity. By combining practical crisis management frameworks with real-world exercises, participants will learn how to assess risks, make rapid decisions, communicate effectively, and maintain team resilience during challenging periods.

What You'll Learn and Practice

By participating in this program, you will:

- Develop strategies to remain composed and make sound decisions under pressure.
- Strengthen crisis communication skills for managing teams and stakeholders.
- Identify potential risks early and apply proactive mitigation strategies.
- Build personal resilience and encourage adaptability within teams.
- Lead and motivate teams effectively during stressful or uncertain situations.
- Apply structured approaches to crisis preparedness and recovery.

The Program Flow

Day 1: Understanding Pressure and Crisis in Leadership

- Defining leadership in high-pressure and crisis environments.
- Understanding the psychology of stress and its influence on decision-making.
- Identifying personal stress triggers and effective coping mechanisms.
- Introduction to crisis management principles and frameworks.

Day 2: Decision-Making in High-Pressure Environments

- Techniques for rapid and effective decision-making.
- Risk assessment and crisis risk management strategies.
- Recognizing and managing cognitive biases during crises.
- Applying scenario planning and simulation exercises.



Day 3: Effective Communication During Crises

- Developing effective crisis communication strategies.
- Managing media interactions and public messaging.
- Strengthening internal communication during high-stress periods.
- Engaging stakeholders and maintaining trust during crises.

Day 4: Leading and Motivating Teams Under Pressure

- Building resilient and adaptable teams.
- Maintaining team morale and motivation during difficult situations.
- Delegating responsibilities effectively in high-pressure environments.
- Resolving conflicts that arise during stressful circumstances.

Day 5: Personal Resilience and Continuous Improvement

- Strengthening personal resilience and leadership endurance.
- Applying practical stress management techniques.
- Conducting after-action reviews to learn from crises.
- Building a culture of preparedness and adaptability within the organization.

Individual Impact

- Improve confidence in handling high-pressure leadership situations.
- Strengthen personal resilience and stress management abilities.
- Develop structured approaches to crisis decision-making.
- Enhance communication and leadership presence during challenging events.

Work Impact

- Improve organizational preparedness for crises and disruptions.
- Strengthen leadership capability during high-stress situations.
- Enhance communication and coordination during critical events.
- Foster a resilient and adaptable organizational culture.

Training Methodology

The program blends conceptual learning with hands-on practice to ensure practical impact. Learning methods include:

- Crisis simulations and scenario-based exercises.
- Interactive workshops and facilitated discussions.
- Case studies of real-world crisis leadership situations.
- Group exercises focused on decision-making and communication.
- Practical tools and frameworks for crisis planning and response.



Beyond the Course

By the end of the program, participants will be able to:

- Lead confidently during crises and high-pressure situations.
- Communicate effectively with teams, stakeholders, and external audiences.
- Apply proactive risk management and crisis response strategies.
- Build resilient teams capable of adapting to challenging environments.

