# Leading Under Pressure: Mastering Crisis Management Skills

5 – 9 July 2027
Bordeaux (France)



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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.

