



**SCANDINAVIAN ACADEMY**  
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# Course: Leadership Excellence in Handling Pressure & Stress

Code	City	Hotel	Start	End	Price	Language - Hours
392	Stockholm (Sweden)	Hotel Meeting Room	2025-08-11	2025-08-15	5450 €	En - 25

## This course will feature

- Leadership Skills for Handling Pressure & Stress
- Enhancing Communication Skills in Times of Stress
- Leading with Confidence During Challenging Times
- Improving Leadership Effectiveness in Managing Crisis
- Developing Your Team to Handle Pressure & Stress

## What are the Goals?

- Develop leadership skills for handling pressure
- Explain how different personality styles respond to stress and pressure
- Identify your personal style in coping with stress
- Develop leadership skills for managing pressure & stress
- Learn how to lead others during times of crisis

## Who is this Course for?

- Individuals with real leadership responsibility
- Individuals being groomed for leadership
- Individuals who have proved greater leadership abilities
- Any person actively involved in interacting with others and involved with managing others in a supervisory role



## **How will this be Presented?**

This course will utilise a variety of proven adult learning techniques to ensure maximum understanding, comprehension and retention of the information presented. This includes case studies, interactive activities, exercises and instructional videos.

## **The Course Content**

### **Day One : Personal Leadership Skills for Handling Pressure & Stress**

- Stress and its effects on the body, mind and spirit
- Holistic response to stress
- Relationship between mind and body
- Personality styles and response to stress
- Understanding Introvert and Extravert responses to stress
- Turning stressful challenges into opportunities

### **Day Two : Enhancing Communication Skills in Times of Stress**

- Passive & aggressive responses
- Assertive communication during stressful times
- Managing conflicts during times of stress
- Giving and receiving criticisms during stressful moments
- Resolving conflicts constructively during times of pressure
- Creative solutions in times of stress

### **Day Three : Leading with Confidence during Challenging Times**

- Coping with sudden change
- Leading others during sudden changes
- Recognizing the symptoms of short term and long term effects of stress



- Motivating yourself and others under pressure
- Building confidence during stressful times
- Leading others with confidence

## **Day Four : Improving Leadership Effectiveness in Managing Crisis**

- Crisis management skills
- Recognizing opportunities for change in a crisis
- Helping the team look for creative opportunities
- Practicing creative leadership in facing a crisis
- Removing blocks to creative solutions in a crisis
- Creative leadership effectiveness

## **Day Five : Developing & Training Your Team to Handle Pressure, Stress & Crisis**

- Training and developing employees to handle stress and pressure
- Stress handling techniques for you and your employees
- Helping the team to see the positive side of change in the workplace
- Implementing creative problem solving skills for your team when facing crisis
- Enhancing team effectiveness during stress
- Developing a personal action plan



**The Scandinavian Academy for Training and Development employs modern methods in training and skills development, enhancing the efficiency of human resource development. We follow these practices:**

- **Theoretical Lectures:**

- We deliver knowledge through advanced presentations such as PowerPoint and visual materials, including videos and short films.

- **Scientific Assessment:**

- We evaluate trainees skills before and after the course to ensure their progress.

- **Brainstorming and Interaction:**

- We encourage active participation through brainstorming sessions and applying concepts through role play.

- **Practical Cases:**

- We provide practical cases that align with the scientific content and the participants specific needs.

- **Examinations:**

- Tests are conducted at the end of the program to assess knowledge retention.

- **Educational Materials:**

- We provide both printed and digital scientific and practical materials to participants.

- **Attendance and Final Result Reports:**

- We prepare detailed attendance reports for participants and offer a comprehensive program evaluation.

- **Professionals and Experts:**

- The programs scientific content is prepared by the best professors and trainers in various fields.

- **Professional Completion Certificate:**

- Participants receive a professional completion certificate issued by the Scandinavian Academy for Training and Development in the Kingdom of Sweden, with the option for international authentication.

- **Program Timings:**

- Training programs are held from 10:00 AM to 2:00 PM and include coffee break sessions during lectures.