



## Leadership Training Courses



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

Code	City	hotel	Start	End	price	Hours
392	Muscat (Oman)	Hotel Meeting Room	2024-05-19	2024-05-23	3450 €	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 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 buffet sessions for light meals during lectures.