

# Victory Performance Consulting

Helping good people change the world.



## WORKING WELL UNDER PRESSURE

### *How to Thrive in Turbulent Times*

Deadlines, competing priorities, tough decisions, negative people, and disruptive change. Everyone deals with these pressures, but those who know how to prosper under pressure outperform and outlast those who freak out. Through self-assessments, facilitated discussions, and other practical applications, this program will help you project positivity, embrace criticism, manage your emotions, welcome change, and remain resilient no matter what happens. Want to learn to work well under pressure? This program will show you how!

### **Format and Duration:**

- Online (worldwide) or onsite (Americas, Europe, Asia); 4-8 hours

### **Learning Objectives:**

- Overcome negativity by remaining CALM and adopting an optimistic style
- Maintain focus despite disruptions, changes, resistance, and criticism
- Manage stress-related emotions to make good decisions under pressure
- Remain resilient by making the best use of your time and energy

### **Leadership Competencies:**

- Balancing priorities
- Managing stress

### **Fields of Study:**

- Business management & organization
- Personal / professional development