XCELERATE TRAINING INSTITUTE

your learning & development partner

LEADERSHIP AND MANAGEMENT

Resilient Leadership and Managing Pressure Training Course

Staying Effective and Supporting Teams Through Pressure and Change

DURATION	LANGUAGE	FORMAT	COURSE CODE
3 days	English or Arabic	Classroom / Online	TTC-145

Upcoming dates

Dates	Venue	Format	Fee
4 – 6 ????? 2027	Live online	Online (live)	€900
8 – 10 ?????? 2027	Paris	Classroom	€3?200
17 – 19 ???? 2027	Singapore	Classroom	€3?900
12 – 14 ????? 2027	Live online	Online (live)	€900
23 – 25 ????? 2027	Amman	Classroom	€2?600
1 – 3 ?????? 2027	Amsterdam	Classroom	€3?200

Register or ask a question

Online: x8ti.com/course/resilient-leadership-and-managing-pressure-training-…

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Resilient Leadership and Managing Pressure Training Course

Introduction

Leaders face constant pressure from deadlines, change, uncertainty and crises. Resilient leaders manage their own energy, stay calm under pressure and help their teams adapt and recover.

This course develops personal and team resilience: understanding stress, building coping strategies, managing energy, leading through change and creating a resilient team culture.

Learning Objectives

By the end of this course, participants will be able to:

- Understand stress and resilience
- Recognise personal stress triggers
- Build practical resilience strategies
- Manage energy, time and boundaries
- Lead teams through pressure and change
- Create a resilient team culture

Training Methodology

This course combines short expert presentations with practical exercises, case studies from the Gulf and international organisations, group discussions and work with real templates and tools. Participants are encouraged to bring examples from their own work so that the learning can be applied immediately.

Participants use self-assessments, practical exercises and peer discussion.

Benefits for Your Organisation

- Leaders who perform under pressure
- Reduced burnout and absence
- Teams that adapt to change
- Healthier workplace culture

Benefits for You

- Personal resilience strategies
- Better stress management
- Tools to support your team
- A personal wellbeing plan

Who Should Attend

This course is designed for:

- Managers and team leaders

- Senior leaders
- Professionals in high-pressure roles
- Project managers
- HR and wellbeing professionals

Course Outline

Day 1: Understanding Resilience

- Stress and its effects
- The resilience model
- Personal stress triggers
- Self-assessment
- Mindset and perspective

Day 2: Building Resilience

- Energy management
- Boundaries and priorities
- Coping strategies
- Recovery and wellbeing
- Support networks

Day 3: Leading Resilient Teams

- Leading through change and crisis
- Supporting team wellbeing
- Psychological safety
- Learning from setbacks
- Personal resilience plan

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Registration Form

Resilient Leadership and Managing Pressure Training Course

Preferred dates: ..... Venue or online: .....

Duration: 3 days Language: .....

Please complete and email this form to us, or register online. We confirm your place and send the invoice within one working day.

Delegate information

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Official email: ..... Personal email: .....

Company information

Company name: .....

Address: .....

City / country: ..... VAT / tax number: .....

Person responsible for training & development

Full name (Mr / Ms / Dr / Eng): .....

Position: ..... Telephone / mobile: .....

Email: .....

Payment

☐ Please invoice me ☐ Please invoice my company

Signature: ..... Date: .....

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Register online
Open the course page