

Crisis Management & Leading Under Pressure

London (UK)

3 - 7 November 2025

UK Training

PARTNER



Crisis Management & Leading Under Pressure

Code: LM28 From: 3 - 7 November 2025 City: London (UK) Fees: 4400 Pound

Introduction

This highly participative seminar will help you to develop your leadership skills to lead others in times of crisis, pressure and stress. You will obtain the latest insights into what makes a leader able to manage themselves and others during times of crisis. The best way of dealing with a crisis is to avoid one in the first place. But if crises are inevitable due to a growing number of factors then your business needs to identify their vulnerabilities and map out possible crisis scenarios. By applying these skills to the tasks and challenges you face in your work, you will begin to experience breakthroughs you never thought possible.

Course Objectives

- Understand and better appreciate the importance of managing stress and pressure.
- Build and develop leadership skills for handling stress, pressure, and crisis.
- Become familiar with how the different personality styles respond to stress and pressure and identify their style in coping with stress.
- Learn how to cultivate a positive mindset for in times of crisis.
- Learn how to lead others during times of crisis.
- Acquire an in-depth knowledge of the key aspects of Strategic Crisis Management.
- Understand the anatomy of a crisis and what should be in place before, during and after an event.
- Learn how to generate ownership and responsibility by all stakeholders to ensure the organization responds efficiently and effectively.

Course Outlines

Day 1: 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.

Day 2: 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.

A graphic of a chessboard with several chess pieces (a king, a pawn, and a knight) on it, set against a background of concentric circles. The text 'UK Training PARTNER' is overlaid on the right side of the board.

UK Training
PARTNER

Day 3: 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.

Day 4: Improving Leadership Effectiveness in Managing Crisis

- Utilizing creativity in crisis.
- 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.

Day 5: Developing & Training Your Team to Handle Pressure, Stress, and 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 a crisis.
- Developing a personal action plan.

A graphic of a chessboard with several chess pieces (a king, a queen, a rook, and a pawn) on it, set against a background of concentric circles. The text 'UK Training PARTNER' is overlaid on the board.

UK Training
PARTNER

Blackbird Training Cities

Europe



Malaga (Spain)



Sarajevo (Bosnia and Herzegovina)



Oporto (Portugal)



Glasgow (Scotland)



Edinburgh (UK)



Oslo (Norway)



Annecy (France)



Bordeaux (France)



Copenhagen (Denmark)



Birmingham (UK)



Lyon (France)



Moscow (Russia)



Stockholm (Sweden)
(Netherlands)



Podgorica (Montenegro)



Batumi (Georgia)



London (UK)



Istanbul (Turkey)



Amsterdam



Düsseldorf (Germany)



Paris (France)



Barcelona (Spain)



Munich (Germany)



Geneva (Switzerland)



Prague (Czech)



Vienna (Austria)



Rome (Italy)



Brussels (Belgium)



Madrid (Spain)



Berlin (Germany)



Lisbon (Portugal)



Zurich (Switzerland)



Manchester (UK)



Milan (Italy)



Blackbird Training Cities

USA & Canada



Los Angeles (USA)



Orlando, Florida (USA)



Online



Phoenix, Arizona (USA)



Houston, Texas (USA)



Boston, MA (USA)



Washington (USA)



Miami, Florida (USA)



New York City (USA)



Seattle, Washington (USA)



Washington DC (USA)



In House



Jersey, New Jersey (USA)



Toronto (Canada)

Africa



Baku (Azerbaijan)
(Thailand)



Maldives (Maldives)



Doha (Qatar)



Manila (Philippines)



Bali (Indonesia)



Bangkok



Beijing (China)



Singapore (Singapore)



Sydney (Australia)



Tokyo (Japan)



Jeddah (KSA)



Riyadh (KSA)



Dubai (UAE)



Kuala Lumpur (Malaysia)



Kuwait City (Kuwait)



Pulau Ujong (Singapore)



Jakarta (Indonesia)



Amman (Jordan)



Beirut (Lebanon)

UK Training
PARTNER

Blackbird Training Cities

Asia



Kigali (Rwanda)



Cape Town (South Africa)



Accra (Ghana)



Lagos (Nigeria)



Marrakesh (Morocco)



Nairobi (Kenya)



Zanzibar (Tanzania)



Tangier (Morocco)



Cairo (Egypt)



Sharm El-Sheikh (Egypt)



Casablanca (Morocco)



Tunis (Tunisia)



Blackbird Training Clients



UK Training
PARTNER

Blackbird Training Categories

Management & Admin

Professional Skills
Finance, Accounting, Budgeting
Media & Public Relations
Project Management
Human Resources
Audit & Quality Assurance
Marketing, Sales, Customer Service
Secretary & Admin
Supply Chain & Logistics
Management & Leadership
Agile and Elevation

Technical Courses

Hospital Management
Public Sector
Special Workshops
Oil & Gas Engineering
Telecom Engineering
IT & IT Engineering
Health & Safety
Law and Contract Management
Customs & Safety
Aviation
C-Suite Training



 International House 185 Tower Bridge
Road London SE1 2UF United Kingdom

 +44 7401 1773 35
+44 7480 775526

 Sales@blackbird-training.com

 www.blackbird-training.com

UK Training
PARTNER

