Crisis Management & Leading Under Pressure

31 January – 4 February 2027
Manama (Bahrain)

UK Traininig
PARTNER



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Ref: 321531_295183 **Date:** 31 January – 4 February 2027 **Location:** Manama (Bahrain) **Fees:** 4200 GBP

Introduction

Effective leadership in times of crisis is a crucial skill that defines the success of organizations. This comprehensive course will equip you with the tools and knowledge to navigate challenges, manage stress, and lead with confidence during times of uncertainty. By understanding the crisis management process and developing advanced crisis leadership skills, you will be better prepared to anticipate, address, and overcome the complexities of crises.

Through this crisis management training, you will gain practical insights into what makes a leader effective under pressure, and how to foster resilience and creativity in your team. Whether you're a seasoned professional or new to leadership roles, this course provides the steps of crisis management and strategies to strengthen your ability to handle pressure and maintain organizational stability.

Course Objectives

By completing this course, participants will:

- Understand the importance of crisis management and its impact on organizational success.
- Learn what crisis management is, including its definition, purpose, and benefits.
- Develop professional crisis management skills for handling pressure and stress.
- Recognize different personality styles and their responses to stress.
- Cultivate a positive mindset to navigate challenges with confidence.
- Master effective crisis management techniques to lead teams under pressure.
- Understand the basics of crisis management, including preparation, response, and recovery.
- Enhance communication skills to resolve conflicts and motivate teams during challenging times.
- Create actionable plans to implement crisis management processes in the workplace.



Course Outlines

Day 1: Personal Leadership Skills for Managing Stress and Pressure

- Understanding what is crisis management and its role in leadership.
- Effects of stress on mind and body.
- Holistic responses to stress: Mind-body connection.
- Personality styles and coping mechanisms for stress.
- Identifying Introvert and Extrovert responses under pressure.

Day 2: Communication Skills in Stressful Situations

- Assertive vs. passive and aggressive communication during crises.
- Managing and resolving conflicts effectively under stress.
- Constructive feedback and conflict resolution during high-pressure scenarios.
- Building trust through transparent and empathetic communication.

Day 3: Leading with Confidence During Times of Crisis

- Recognizing and managing sudden changes.
- Inspiring and motivating teams under pressure.
- Identifying the short-term and long-term effects of stress on individuals and teams.
- Developing crisis leadership skills to guide others effectively.
- Building personal and team confidence during challenging situations.

Day 4: Enhancing Leadership Effectiveness in Crisis Management

- Utilizing creativity to find solutions during crises.
- Identifying opportunities for growth and transformation in times of adversity.
- Practicing creative problem-solving and leadership during crises.
- Removing mental blocks to foster innovative thinking during high-pressure situations.
- Building resilience in teams for effective crisis management.

Day 5: Training and Developing Teams for Crisis Situations

- Training employees on stress and pressure management techniques.
- Promoting a positive outlook on workplace changes.
- Implementing creative problem-solving frameworks for teams during crises.
- Developing personal and team action plans for handling stress and pressure.
- Creating a resilient organizational culture with robust crisis management processes.



Why Attend this Course: Wins & Losses!

- Gain a clear understanding of what is the purpose of crisis management and how to apply it effectively.
- Learn how to lead teams with confidence using crisis leadership skills.
- Build a resilient mindset to navigate challenging situations with ease.
- Acquire professional crisis management strategies to prevent and mitigate crises.
- Develop actionable plans to implement the benefits of crisis management across your organization.
- Gain a certification in crisis management training, boosting your professional credentials.

Conclusion

This crisis management course is designed to empower leaders with the tools they need to navigate high-pressure situations, manage stress effectively, and lead teams through times of uncertainty. By understanding the meaning and importance of crisis management, participants will leave with the skills and strategies to foster resilience, motivate their teams, and ensure organizational stability.

Take the first step in mastering how to manage crisis management and building the leadership skills that set you apart in times of uncertainty. Enroll today to gain the knowledge and confidence to turn challenges into opportunities for growth and success.

