



Consulting and Training | Reach New Heights

Course Name

Thriving Under Pressure: Advanced Stress Management for Executives

Sector Name

Interpersonal Skills and Self Development

Document Type

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Thriving Under Pressure: Advanced Stress Management for Executives

Course Introduction

In a world of continuous demands, rapid change, and high-stakes decision-making, executives face unique stressors that can impact both their personal well-being and organizational performance. This **five-day** intensive program is tailored to equip leaders with advanced stress management strategies, resilience-building tools, and mental clarity techniques.

Through a blend of neuroscience, practical coaching, and experiential learning, participants will uncover how to transform stress into a source of strength, maintain focus under pressure, and lead by example in fostering a sustainable, performance-driven culture.

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Target Audience

CEOs, senior executives, directors, business owners, and high-potential leaders operating in fast-paced and high-pressure environments.

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Learning Objectives

- ✓ Understand how executive-level stress affects decision-making, energy, and leadership.
- ✓ Apply practical tools to recognize, reduce, and recover from stress.
- ✓ Build emotional and physical resilience to handle pressure with clarity.
- ✓ Create sustainable habits that promote long-term executive health and well-being.
- ✓ Design a personal and organizational stress management action plan.

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Course Outline

✓ DAY 01

Understanding the Executive Stress Landscape

- ✓ The executive stress loop: causes and consequences
- ✓ Stress vs. burnout: What leaders must watch for
- ✓ Leadership vulnerability: Breaking the silence around stress
- ✓ Personal assessment: Mapping your stress fingerprint

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Course Outline

✓ Day 02

Emotional Intelligence and Mental Agility Under Pressure

- ✓ Emotional self-regulation for leaders
- ✓ Stress-resistant communication and emotional control in tough conversations
- ✓ The role of self-awareness and empathy in stress leadership
- ✓ Practical tools: Journaling, cognitive reframing, and mental pause

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Course Outline

✓ Day 03

Physical Mastery - Energy, Sleep, and Body Systems

- ✓ The biology of high performance: sleep, diet, exercise, hydration
- ✓ Stress and the nervous system: How to reset in minutes
- ✓ Building rituals: Morning routines, wind-down techniques, and breathwork
- ✓ Guided sessions: Mindfulness, movement, and breathing techniques

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✓ Day 04

Leading Resilient Organizations

- ✓ Executive resilience vs. team burnout: spotting the signs
- ✓ Managing crisis and ambiguity with calm authority
- ✓ Modelling resilience across your leadership team
- ✓ Culture of well-being: Policies, tone, and leadership example

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Course Outline

✓ Day 05

Integration and Executive Resilience Plan

- ✓ Designing your personal stress management roadmap
- ✓ Identifying accountability anchors and support systems
- ✓ Group peer coaching session
- ✓ Final capstone exercise: Commitment to stress resilience leadership

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
Sept. 21, 2026	Sept. 25, 2026	5 days	4250.00 \$	UAE , Abu Dhabi
Nov. 30, 2026	Dec. 4, 2026	5 days	4950.00 \$	Austria , Vienna
March 14, 2027	March 18, 2027	5 days	4250.00 \$	KSA , Riyadh
May 10, 2027	May 14, 2027	5 days	4250.00 \$	UAE , Dubai

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