



Consulting and Training | Reach New Heights

Course Name

Working Under Pressure

Sector Name

Interpersonal Skills and Self Development

Document Type

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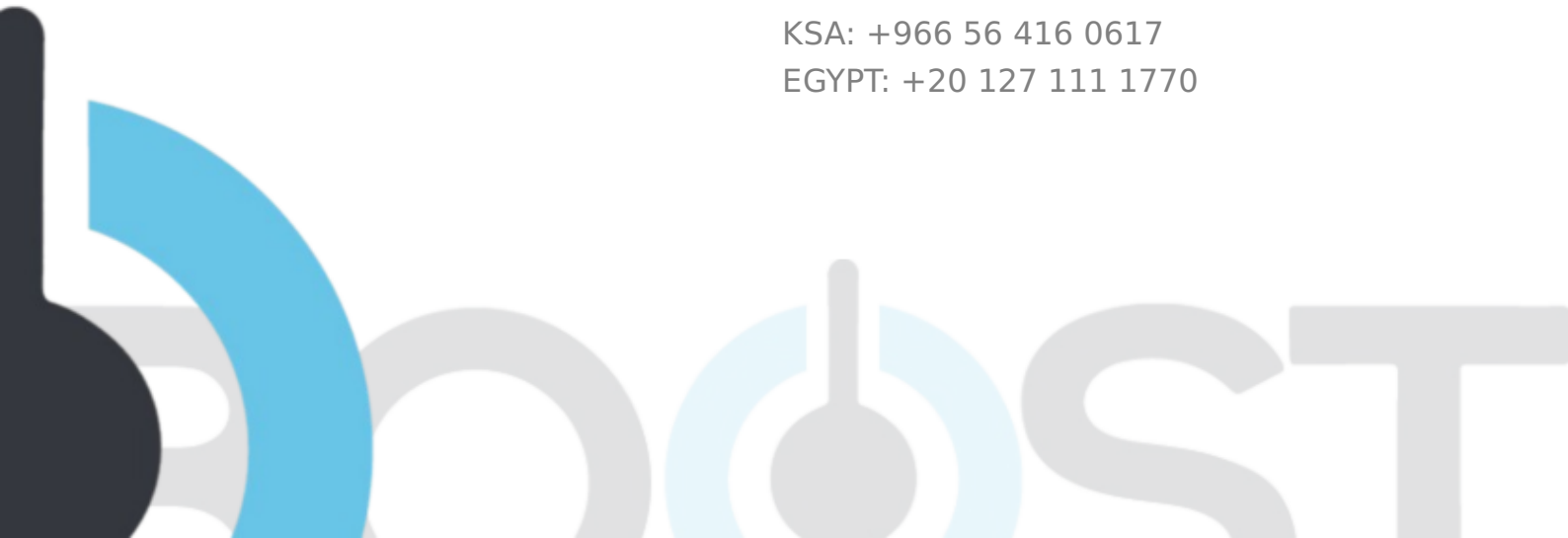
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Working Under Pressure

Course Introduction

Pressure is an unavoidable part of modern work environments—tight deadlines, high expectations, urgent demands, and limited resources. The challenge is not eliminating pressure but managing performance effectively while under it.

Developed by **Boost**, this course treats working under pressure as a professional performance capability, not a stress coping program. The focus is on maintaining clarity, judgment, communication, and execution quality when demands increase—without burnout, errors, or breakdowns.

Boost's Working Under Pressure course enables professionals to stay effective, reliable, and composed in demanding work situations.

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Target Audience

- ✓ Entry to Mid-level professionals
- ✓ Employees working in fast-paced environments
- ✓ Supervisors and coordinators
- ✓ Operations and administrative staff
- ✓ Professionals facing frequent deadlines and demands

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Learning Objectives

- ✓ Understand the nature of workplace pressure
- ✓ Recognize personal and situational pressure triggers
- ✓ Maintain performance quality under pressure
- ✓ Make sound decisions in high-demand situations
- ✓ Communicate effectively during stressful moments
- ✓ Recover quickly and sustain performance

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Working Under Pressure

Course Outline

✓ DAY 01

Understanding Pressure at Work

Module 1: What Workplace Pressure Really Is

- ✓ Pressure vs. stress
- ✓ Positive vs. negative pressure
- ✓ Why pressure affects performance

Module 2: Common Sources of Pressure

- ✓ Deadlines and workload
- ✓ Conflicting priorities
- ✓ Expectations and accountability

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Course Outline

✓ Day 02

Pressure and Performance

Module 3: How Pressure Impacts Thinking and Behavior

- ✓ Focus, judgment, and decision quality
- ✓ Common mistakes under pressure
- ✓ Recognizing performance decline

Module 4: Maintaining Control Under Pressure

- ✓ Staying task-focused
- ✓ Avoiding reactive behavior
- ✓ Preserving Execution Discipline

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Course Outline

✓ Day 03

Decision-Making and Communication

Module 5: Making Decisions Under Pressure

- ✓ Balancing speed and accuracy
- ✓ Managing limited information
- ✓ Avoiding rushed decisions

Module 6: Communicating Effectively During High Pressure

- ✓ Clear communication in tense situations
- ✓ Managing misunderstandings
- ✓ Maintaining professionalism

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Course Outline

✓ Day 04

Managing Workload and Energy Under Pressure

Module 7: Handling Increased Work Demands

- ✓ Managing spikes in workload
- ✓ Prioritizing critical tasks
- ✓ Preventing overload

Module 8: Sustaining Energy and Focus

- ✓ Managing mental and physical energy
- ✓ Short recovery techniques
- ✓ Preventing burnout escalation

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Course Outline

✓ Day 05

Building Pressure Resilience

Module 9: Developing Personal Pressure Resilience

- ✓ Recognizing early warning signs
- ✓ Personal coping strategies
- ✓ Learning from pressure situations

Module 10: Performing Consistently Under Pressure

- ✓ Building long-term pressure tolerance
- ✓ Applying lessons learned
- ✓ Continuous performance improvement

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
March 15, 2027	March 19, 2027	5 days	4950.00 \$	England , London
May 24, 2027	May 28, 2027	5 days	2150.00 \$	Virtual , Online
July 12, 2027	July 16, 2027	5 days	4250.00 \$	UAE , Dubai
Nov. 9, 2026	Nov. 13, 2026	5 days	4250.00 \$	UAE , Dubai
July 4, 2027	July 8, 2027	5 days	4250.00 \$	Oman , Muscat

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