



Consulting and Training | Reach New Heights

Course Name

Managing Work Pressure and Stress

Sector Name

Interpersonal Skills and Self Development

Document Type

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Managing Work Pressure and Stress

Course Introduction

Work pressure is an inevitable part of today's professional environment. Tight deadlines, increasing expectations, continuous communication, and operational demands require employees to perform consistently without compromising quality or professionalism.

Managing Work Pressure and Stress, developed by **Boost Consulting and Training**, approaches pressure as a performance management skill rather than simply a stress-reduction topic. The program focuses on helping professionals maintain clarity, discipline, sound judgment, and effective communication during demanding situations.

This course equips participants with practical tools to manage workload intensity, regulate stress responses, sustain productivity, and remain composed under pressure—without burnout or decline in performance quality.

Managing Work Pressure and Stress

Target Audience

- ✓ Entry to mid-level professionals
- ✓ Employees working in fast-paced environments
- ✓ Supervisors and team coordinators
- ✓ Operations and administrative staff
- ✓ Professionals handling frequent deadlines and high expectations
- ✓ Team members exposed to continuous performance demands

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Learning Objectives

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Course Outline

✓ Day 01

Understanding Work Pressure

Module 1: The Reality of Workplace Pressure

- ✓ Pressure vs. stress
- ✓ Positive vs. negative pressure
- ✓ How pressure influences performance
- ✓ Recognizing normal vs. harmful stress levels

Module 2: Common Workplace Pressure Triggers

- ✓ Deadlines and workload intensity
- ✓ Conflicting priorities
- ✓ High expectations and accountability
- ✓ Organizational and environmental factors

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Course Outline

✓ Day 02

Pressure and Performance Impact

Module 3: How Pressure Affects Thinking and Behavior

- ✓ Impact on focus and concentration
- ✓ Decision-making under strain
- ✓ Emotional reactions and behavioral shifts
- ✓ Recognizing early performance decline

Module 4: Maintaining Control Under Pressure

- ✓ Staying task-focused
- ✓ Avoiding reactive behavior
- ✓ Maintaining execution discipline
- ✓ Managing emotional responses

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Course Outline

✓ Day 03

Decision-Making and Communication Under Stress

Module 5: Making Decisions in High-Demand Situations

- ✓ Balancing speed and accuracy
- ✓ Managing limited or unclear information
- ✓ Avoiding rushed or emotional decisions
- ✓ Structured thinking under time pressure

Module 6: Effective Communication During Stressful Moments

- ✓ Clear and concise communication
- ✓ Managing misunderstandings
- ✓ Handling tense conversations professionally
- ✓ Maintaining credibility and composure

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Course Outline

✓ Day 04

Managing Workload and Sustaining Energy

Module 7: Handling Increased Work Demands

- ✓ Managing workload spikes
- ✓ Prioritizing critical tasks
- ✓ Delegation where applicable
- ✓ Preventing overload and bottlenecks

Module 8: Sustaining Energy and Focus

- ✓ Managing mental and physical energy
- ✓ Short recovery techniques during busy days
- ✓ Focus management strategies
- ✓ Preventing burnout escalation

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Course Outline

✓ Day 05

Building Long-Term Resilience

Module 9: Developing Personal Resilience

- ✓ Recognizing early warning signs
- ✓ Personal coping strategies
- ✓ Learning from high-pressure experiences
- ✓ Strengthening stress tolerance

Module 10: Performing Consistently Under Pressure

- ✓ Building long-term pressure resilience
- ✓ Applying lessons learned to daily work
- ✓ Continuous performance improvement
- ✓ Personal action plan development

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Confirmed Sessions

FROM	TO	DURATION	FEES	LOCATION
Nov. 29, 2026	Dec. 3, 2026	5 days	4250.00 \$	Oman , Muscat
Sept. 6, 2026	Sept. 10, 2026	5 days	4250.00 \$	Qatar , Doha
Dec. 28, 2026	Jan. 1, 2027	5 days	4250.00 \$	UAE , Dubai

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