

# Leading Under Pressure



**Global Core**  
Strategies & Consulting

# What Is Leading Under Pressure?

- Leaders who excel under pressure face the same level of stress and pressure that are usually found among top athletes and elite military units.
- One of the factors that differentiate great leaders from the rest is their ability to cope with pressure, thrive under pressure, and lead people in high-pressure situations.
- Leaders who thrive under pressure use pressure as a catalyst to bring out the best in one's self and in others around them.



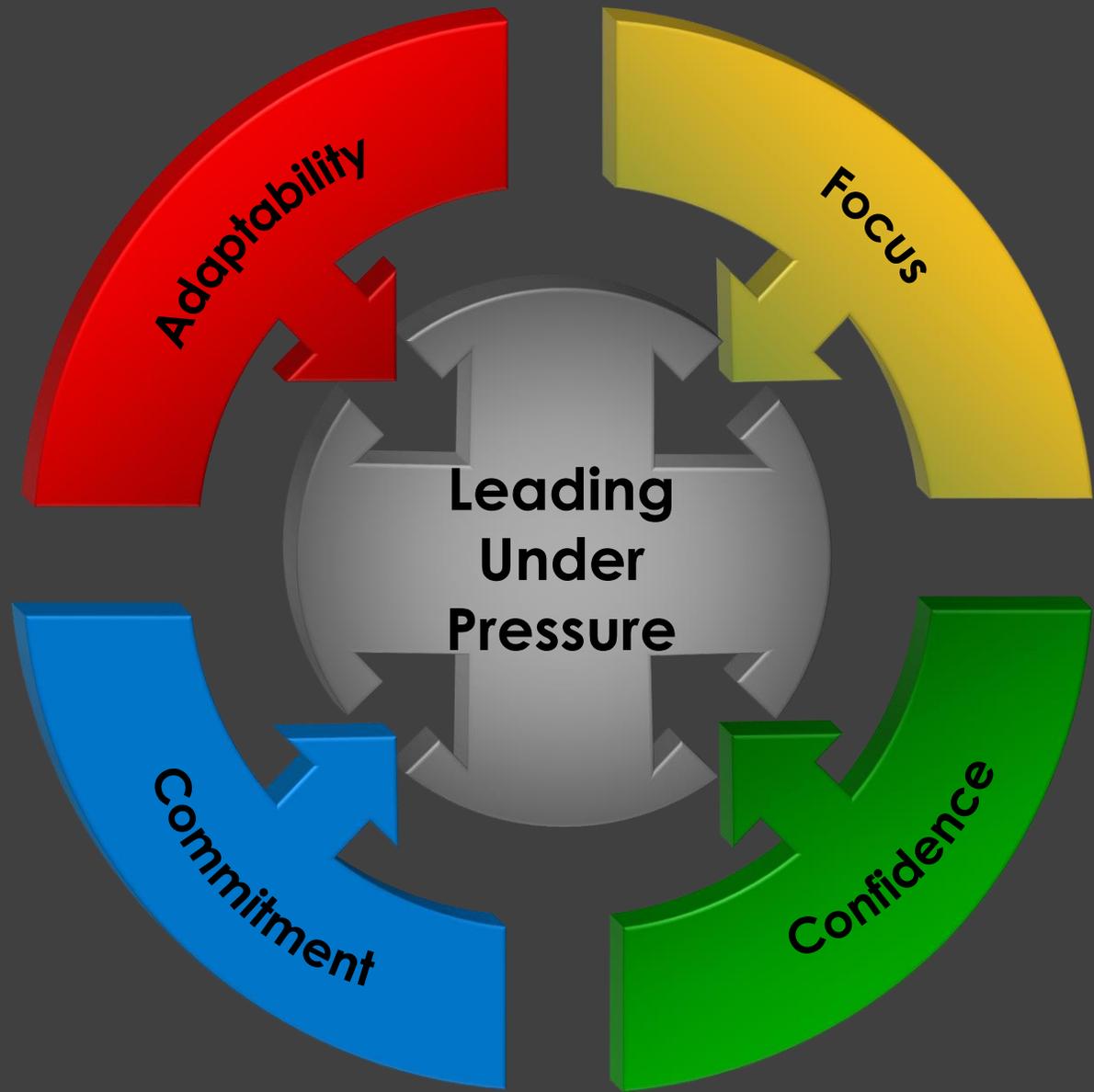
# Talent Alone Does Not Win

Three things that should be taken into account to understand how pressure affects leaders.

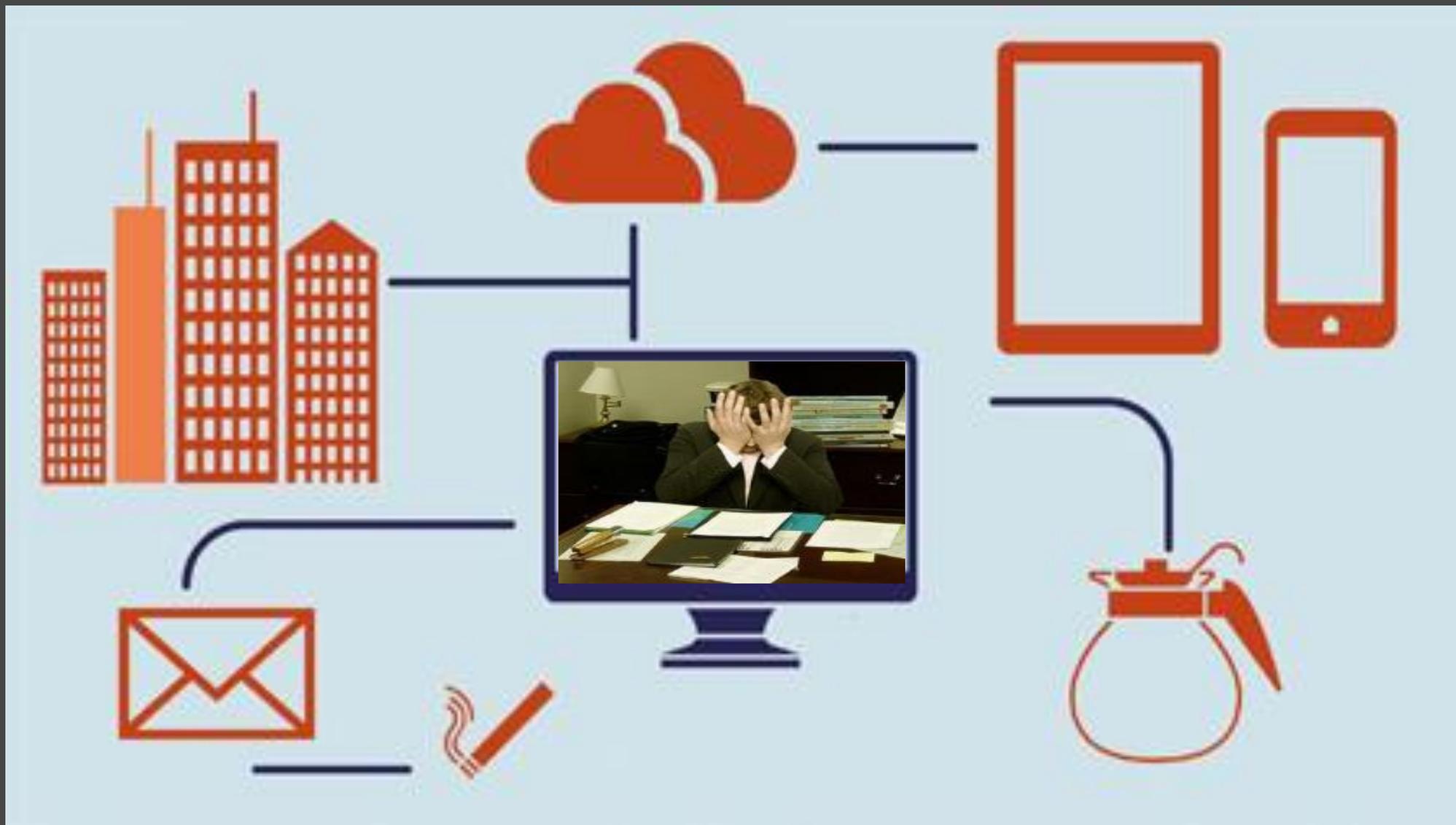
- When the pressure is low there is complacency and less action, when the pressure is too high leaders tend to seek comfort, over use strength, and become inflexible.
- One's response to pressure is subject to both outcome expectation and perceived consequence.
- Perceived severity of pressure has relative impact on one's response but emotional composure has moderating effect on one's response.



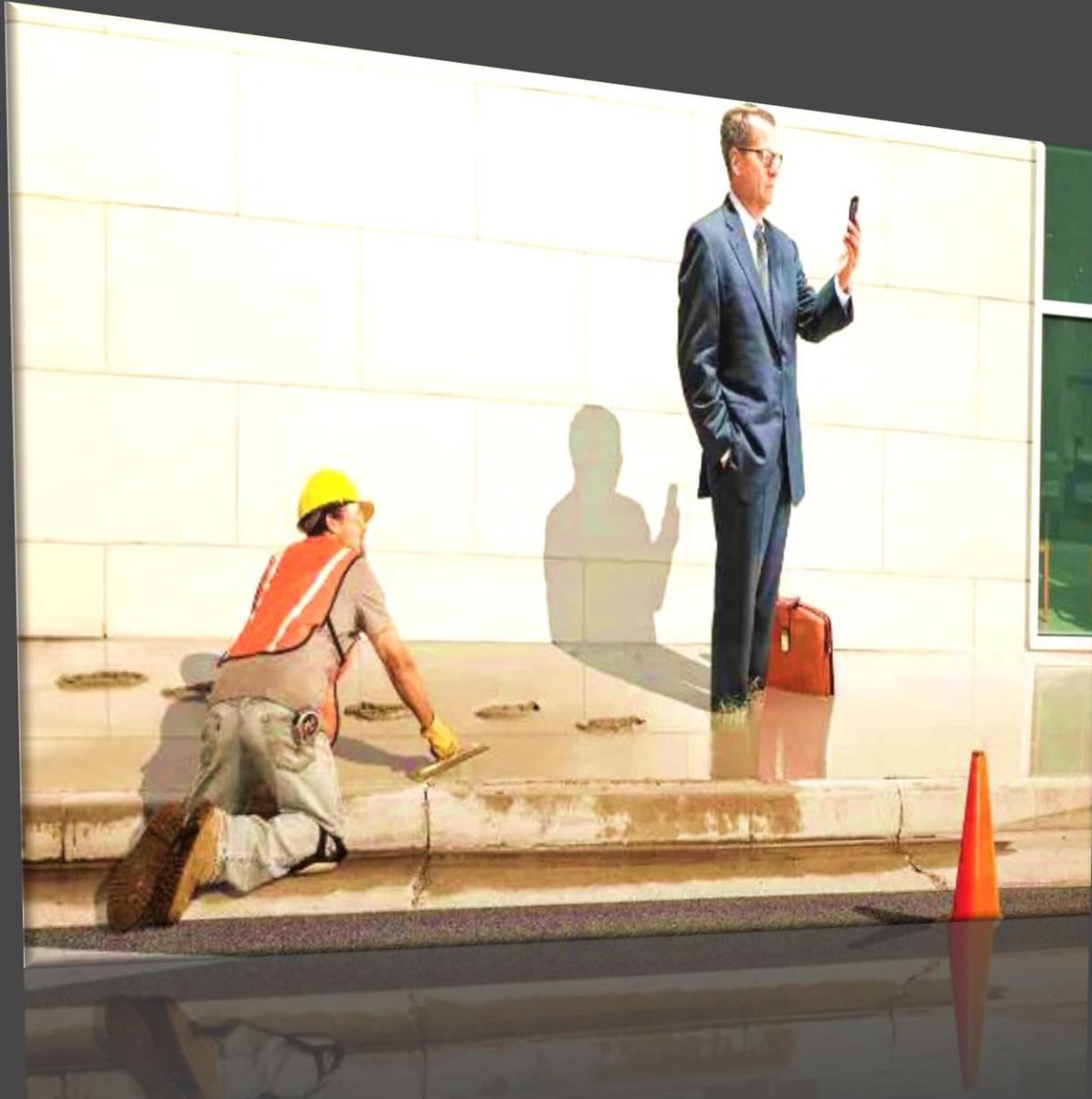
*Keeping your head in the game...  
When it matters the most...*



# TAKING OUT THE TRASH



# Focus



- 🌐 *Directing our attention to the task at hand*
- 🌐 *When leaders are under pressure they can influence others to focus on key priorities and have optimal performance rather than let worry takeover.*

# Leading Under Pressure

- There is always the pressure: to get things done on time, to do things differently, to ensure things are done in a particular way, accommodate and/or deal with demands of key players, ensure stability and growth, meet high-expectation of one's self and others, etc., and the list goes on.
- It is important for every leader in an organization to learn to deal with pressure and excel under pressure.



# Confidence

*Our belief in our self and our ability to master different situations*

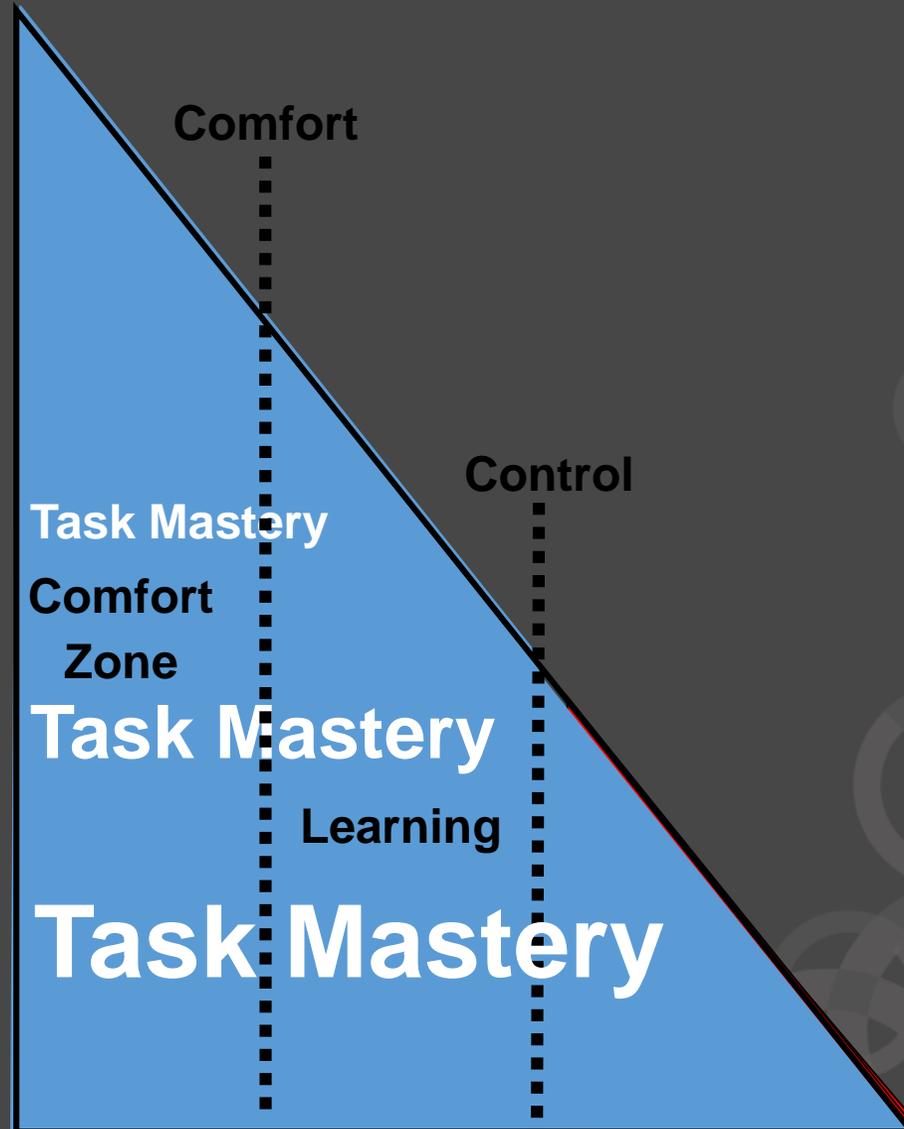
## Role of Self-Confidence

- Calms the mind
- Provides a buffer from negative thoughts
- Allows attention to be focused on the people or task
- Improves performance under pressure

**“Nothing builds self-esteem and self-confidence like accomplishment.”**

**— Thomas Carlyle**

# Building Self-Confidence



# Developing Commitment



*Find common ground*



**Your People's  
Goals and Values**



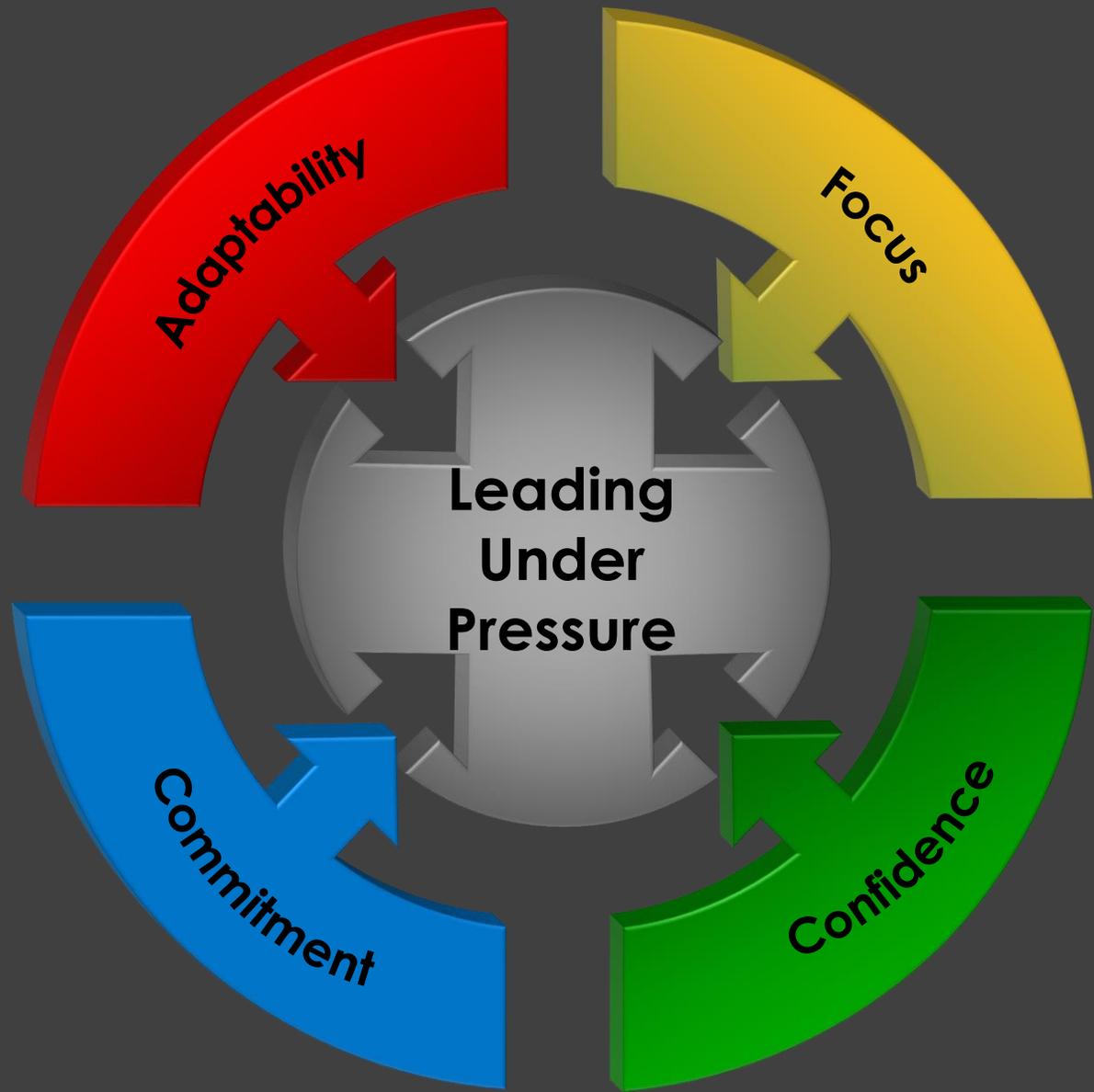
**Company's  
Mission, Goals,  
Values & Vision**

# ADAPTABILITY

- 🌐 Even the most capable and highly talented person, under pressure, may seem to be very ineffective and incompetent.
- 🌐 What differentiates effective and ineffective leadership is one's ability to cope with change, one's attitude towards change, and how one approaches change during situations that demand it.







# QUESTIONS



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