



London TDM

# Management and Leadership

**Course Venue:** United Kingdom - London

**Course Date:** From 02 August 2026 To 06 August 2026

**Course Place:** London Paddington

**Course Fees:** 6,000 USD

## Introduction

In the fast-paced world of leadership, executives are frequently called upon to make critical decisions under immense pressure. This five-day professional course is designed to equip executives with the necessary tools and strategies to effectively navigate high-stakes situations and make informed decisions swiftly and confidently. Participants will learn how to manage stress, assess risks, and leverage their team's strengths to ensure optimal outcomes, even in the most challenging scenarios.

## Objectives

- Enhance ability to make effective decisions under time constraints and pressure.
- Develop strategies for managing and reducing stress during critical decision-making processes.
- Learn techniques for gathering and analyzing information quickly and efficiently.
- Improve risk assessment and crisis management skills.
- Foster a decision-making environment that leverages team input and collaboration.

## Course Outlines

### Day 1: Foundations of Decision-Making Under Pressure

- Understanding the psychology of pressure and its impact on decisions
- Identifying personal strengths and weaknesses in decision-making
- Introduction to decision-making frameworks and models
- Assessing personal and organizational decision-making styles
- Case studies of effective decision-making under pressure

### Day 2: Risk Assessment and Management

- Fundamentals of risk assessment in high-pressure scenarios
- Tools and techniques for identifying and prioritizing risks
- Developing a risk management plan
- Exercises in scenario planning and anticipation
- Evaluating past decisions and learning from outcomes

### Day 3: Information Gathering and Rapid Analysis

- Strategies for quickly gathering relevant information
- Effective data analysis techniques under time constraints
- Balancing qualitative and quantitative inputs
- Real-time analytics and decision support systems
- Using intuition alongside data in decision-making

### Day 4: Stress Management Techniques for Executives

- Recognizing signs of stress and their impact on decisions
- Techniques for managing stress in critical situations
- Building resilience and maintaining focus under pressure
- Creating a supportive organizational environment
- Mindfulness and relaxation techniques for executives

## **Day 5: Collaborative Decision-Making and Leadership**

- The role of effective communication in team decisions
- Leveraging diverse perspectives for better decision outcomes
- Conflict resolution and consensus-building techniques
- Developing a culture of trust and collaboration
- Practical exercises in leading decision-making teams