



London TDM

# Soft Skills and Personal Development Training Courses

**Course Venue:** United Kingdom - London

**Course Date:** From 22 March 2026 To 26 March 2026

**Course Place:** London Paddington

**Course Fees:** 6,000 USD

## Introduction

In high-stakes environments, the ability to make well-informed decisions quickly is a crucial skill. This course, "Decision-Making Under Pressure," is designed to equip professionals with the tools and techniques necessary to navigate complex situations effectively. Through practical exercises and expert-led sessions, participants will learn to enhance their decision-making capabilities under pressure, ultimately leading to better outcomes when it matters most.

## Objectives

- Understand the psychology behind decision-making under stress.
- Learn practical strategies to enhance decision-making skills in high-pressure situations.
- Develop techniques for maintaining composure and focus to make sound decisions.
- Practice decision-making through real-world scenarios and case studies.
- Build confidence to lead and make decisions in fast-paced environments.

## Course Outlines

### Day 1: Understanding Decision-Making Under Pressure

- Introduction to the Neuroscience of Stress and Decision-Making.
- The Impact of Stress on Cognitive Function.
- Common Pitfalls in Decision-Making Under Stress.
- Case Study: Decision-Making Failures and Successes.
- Initial Self-Assessment: Identifying Personal Decision-Making Style.

### Day 2: Developing Mental Resilience

- Building Emotional Intelligence and Self-Awareness.
- Techniques for Staying Calm and Focused Under Pressure.
- Mindfulness and Stress Reduction Strategies.
- Interactive Workshop: Practicing Resilience in Simulated Scenarios.
- Reflection and Feedback: Resilience-Building Exercises.

### Day 3: Strategic Decision-Making Techniques

- Frameworks for Effective Decision-Making.
- Tools for Rapid Information Processing.
- Prioritization Methods: Making the Right Call.
- Role-Playing: Real-Time Decision Simulations.
- Guest Lecture: Insights from Industry Leaders.

### Day 4: Collaborative Decision-Making and Leadership

- Fostering a Collaborative Decision-Making Environment.
- Effective Communication Skills for Leaders.
- Dealing with Conflicting Opinions and Data.
- Group Exercise: Consensus-Building Activities.
- Case Study analysis: Successful Team Decision-Making.

## **Day 5: Applying Skills and Continuous Improvement**

- Review and Analysis of Past Decisions: Lessons Learned.
- Adaptive Strategies: Adjusting Decisions Based on Outcomes.
- Personal Action Plans for Continuous Improvement in Decision-Making.
- Simulated Crisis Management Exercise.
- Course Wrap-Up: Key Takeaways and Future Directions.