KOENIG SOLUTIONS · COURSE OUTLINE

Pressure Handling: Priorities & Coping Strategies

Learn to identify sources of pressure and apply practical strategies to manage priorities, demands and inner calm.

COURSE OVERVIEW

This course examines the causes of pressure, distinguishing internal and external sources, and how well-managed pressure can be beneficial. It looks at recognising priorities and balancing work and personal life demands, including managing expectations from above and below. It covers the role of clear thinking and effective communication in reducing pressure, and closes with approaches to finding inner calm and developing strategies for handling pressure.

WHO THIS COURSE IS FOR

Team Members | **Managers** | **Team Leaders** | **Supervisors** | **Employees Under Pressure**

LEARNING OBJECTIVES

- Identify the causes of pressure
- Explain how well-managed pressure can be beneficial
- Recognise and set priorities
- Distinguish between internal and external pressure
- Balance work and personal life pressures
- Manage expectations and demands from above and below
- Apply clear thinking and effective communication to reduce pressure
- Develop strategies for handling pressure and reaching inner calm

COURSE SYLLABUS

9 Topics

TOPICS

- Identifying the causes of pressure
- The pluses of pressure - if it's well-managed
- Recognising priorities
- Internal and external pressure
- Balancing work and personal life pressures
- Managing expectations and dealing with demand, from both above and below
- The importance of clear thinking and effective communication in reducing pressure
- The route to inner calm
- Developing strategies for handling pressure

WHAT IS INCLUDED

Everything You Need to Succeed

- Koenig course material for every module
- Delivery by certified instructors and subject matter experts
- Hands-on exercises throughout the course
- Course completion certificate from Koenig

ABOUT KOENIG

Who We Are

Established in 1993, Koenig Solutions is a globally recognised training provider with 35+ technology partnerships, 5,000+ training programmes and a network of certified instructors and subject matter experts, supporting individuals and enterprise teams worldwide.

FLEXIBLE DELIVERY

Learn the Way That Suits You

Classroom Training | Live Online Classes (ILO) | Fly-Me-A-Trainer (FMAT) | Flexi (Self-Paced) | 1-on-1 Training

Ready to Get Started?

Talk to a learning advisor about schedules, group training and customised delivery.

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