



## PERFORMING UNDER PRESSURE

### STAY FOCUSED. BUILD RESILIENCE. PERFORM AT YOUR BEST, WHEN IT MATTERS MOST.

Pressure seems to be an inevitable part of today's working environment. How you respond to it makes all the difference.

This practical workshop is designed to help you understand your personal stress triggers, manage your response to challenging situations and build the resilience needed to perform consistently under pressure.

The workshop includes guided self-reflection exercises, real-world scenarios and interactive discussions that give you the opportunity to apply the tools and techniques directly to your own situations, ensuring immediate and lasting impact back in the workplace.

### WHAT YOU'LL LEARN:

By the end of the session, you'll have the skills to:

- Recognise the physical and psychological signs of stress in yourself
- Identify your personal stress triggers and understand their impact
- Manage your response to pressure using practical, evidence-based techniques
- Separate fact from emotion to make clearer, more balanced decisions
- Understand and reframe unhelpful thinking patterns that undermine resilience
- Develop a more resilient mindset to handle setbacks and challenges

## WHY CHOOSE AMBER?

We help businesses to grow through people development. Specialising in management and communication skills, we offer training that includes people management, leadership skills, building resilience, communicating with impact, presentation skills, storytelling, time management and much more.

Formats include face-to-face workshops, online training plus one-to-one coaching programmes for individual needs.



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