



Leading People in Uncertain Times

Programme Details

Become a confident leader who keeps people engaged and performing under pressure

Highlights

- Emotional composure when the pressure spikes.
- Trust-building behaviours that calm teams.
- Clear, structured communication.
- Coaching skills that unlock performance.

Key Competences

- Communicating clearly
- Coaching under pressure
- Leading with empathy
- Managing stress and fatigue
- Maintaining trust and engagement

The Right Programme for You

You are a leader who must deliver results while managing uncertainty, pressure, and change - and who wants to lead with calm, clarity, and confidence when teams need stability most.

Managers

Senior Managers



Learn, Practice and Use

- **Understand** how uncertainty affects behaviour and performance.
- **Develop** communication habits that cut through noise.
- **Cultivate** a calm leadership presence people rely on.
- **Empower** your team through focused coaching conversations.
- **Communicate** tough messages with transparency and respect.
- **Set** expectations that create stability.
- **Navigate** conflict and anxiety with confidence.
- **Align** individual effort with shifting priorities.

Practical Information

Face-to-Face



3 days
€3,995

Live Online



6 x 3-hour sessions
€3,995

Available In-Company

The programme is available as an In-Company solution for your teams. More information at

[Click here](#) for dates, locations and full programme outline

Programme Modules

1

Understanding the Human Impact of Uncertainty

Your people are carrying more stress than they show. You learn how to spot early signs of fatigue, anxiety and disengagement - before they turn into performance issues or conflict.

2

Leading With Clarity When People Feel Lost

In unstable times, unclear communication creates fear. You learn how to deliver messages that cut through noise, reduce confusion and give your team the stability they're craving.

3

Coaching When Time Is Short and Pressure Is High

You don't always have the luxury of long conversations. You learn how to coach quickly, restore confidence fast and help people refocus when emotions are running high.

4

Building Accountability Without Breaking Trust

You learn how to balance empathy with performance expectations - holding people accountable without creating defensiveness, frustration or disengagement.

5

Staying Composed When Everyone Looks to You

Your team mirrors your energy. You learn practical self-management techniques to stay calm, grounded and credible - even when you're under pressure yourself.



Learn

the key business skills and knowledge you need for your management role today and tomorrow



Practice

the skills you learn and get feedback, recommendations and coaching



Use

what you learn and practise as soon as you get back to your office

For more information please contact:



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