How To

BEHAVE *Yourself.*

Under Pressure



Acknowledgement of Country



BEHAVE *Yourself.*

UNDER PRESSURE

How everyday behaviour affects our mental health, our people and our business



What changes first under pressure - your thoughts, body or behaviour?



The warning signs appeared before the breakdown.

BODY

Exhaustion and disrupted sleep

THOUGHTS

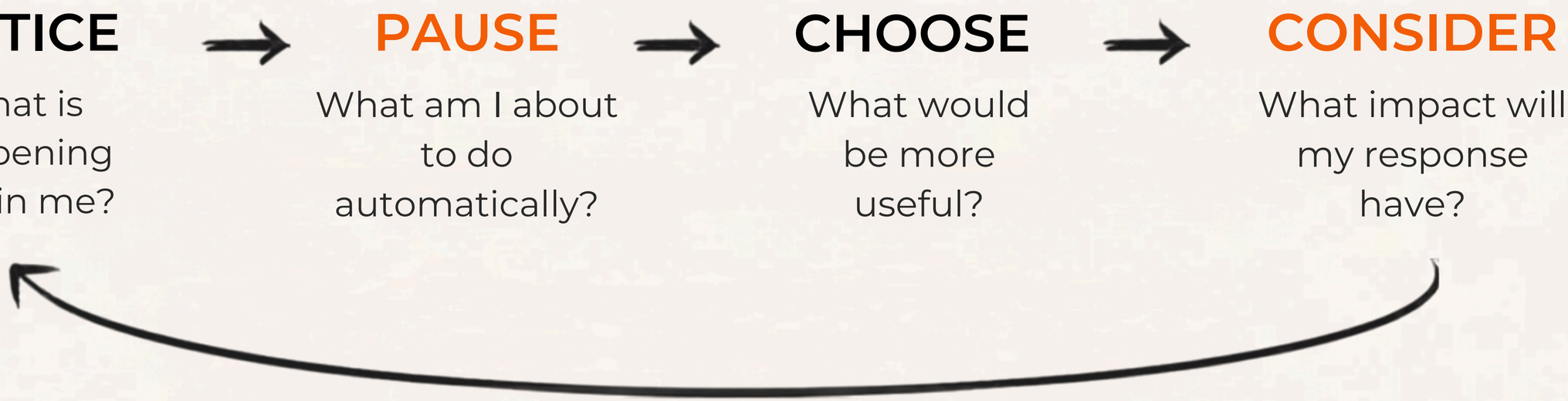
‘I just need to keep going’

BEHAVIOUR

Pushing through and ignoring recovery

The warning light wasn’t the problem.
It was information asking for my attention.

THE BEHAVE *Yourself.* PAUSE




You may not control the weather, but
you can decide how to steer.

Every response leaves an imprint

I'm struggling with my workload.
I don't think I can finish everything by Friday.

AUTOMATIC RESPONSE

"We're all under pressure."
"Why didn't you tell me earlier?"
"I really need you to make it happen."



The possible imprint:
It may not be safe to raise this again.

DELIBERATE RESPONSE

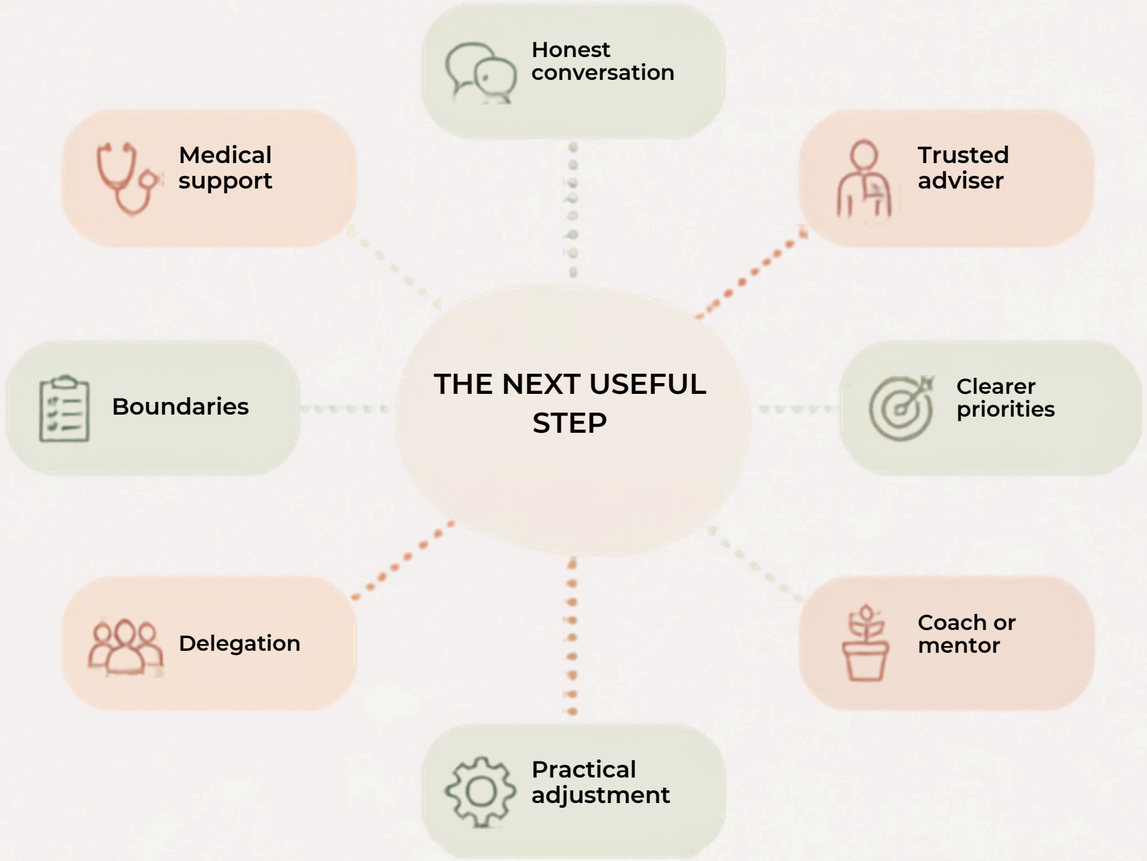
"Thank you for telling me. Let's look at what's on your plate and what genuinely needs to happen by Friday."



The possible imprint:
I can raise a concern and we will deal with it constructively.

Your response teaches people what is safe to say.

Self-Leadership includes using support



When pressure rises, the behaviour I want to practise is _____.

What did you notice?

What could you choose differently?

What imprint do you want your behaviour to leave?

Notice what pressure is doing to you.

Pause before it chooses your behaviour for you.

How I can support your business.

We can work together through:

- Practical workshops for leaders and teams
- Individual or group coaching
- A program tailored to the pressures and behaviours affecting your business

Let's start with a conversation

Book a complimentary 30-minute discovery call to discuss what is happening in your business, what you would like to change and the support that may help.

Stephanie Neutze

Growth & Leadership Coach, Speaker & Facilitator

steph@stephanieneutzelfecoaching.com

0418 483 949