

Steady Under Pressure

How Leaders Stay Grounded, Handle Pushback, and Lead People Forward

Help leaders stay grounded, respond clearly, and lead people forward when pressure, criticism, or resistance rises.

LEVEL

Lead Yourself

FORMAT

Half-Day Workshop

BEST FOR

Managers, supervisors, team leads, and emerging leaders

THE BUSINESS PROBLEM

Difficult leadership moments rarely fail because the leader lacks skill or good intentions. They fail because pressure collapses the space between what happens and how the leader responds.

When criticism, resistance, or tension rises, many leaders default to a reflex — defending, over-explaining, withdrawing, pleasing, forcing, avoiding, or personalizing the moment. Steady Under Pressure helps leaders slow the moment down, process what is really happening, and respond with clarity instead of reacting at the speed of emotion.

BEST FOR

- ▶ Managers who face pressure, criticism, pushback, or resistance
- ▶ Supervisors and team leads navigating difficult team dynamics
- ▶ Emerging leaders who want to build emotional steadiness
- ▶ Leaders who tend to defend, withdraw, please, or personalize under pressure
- ▶ HR and L&D teams developing resilient, grounded leaders

WHAT PARTICIPANTS WILL LEARN

- ▶ Identify their default pressure reflex before it drives their leadership
- ▶ Create space between the pressure moment and their response
- ▶ Use the Criticism Response Loop to stay grounded under pushback
- ▶ Separate useful feedback from emotional noise
- ▶ Respond differently to Mirrors, Megaphones, and Misdirected critics
- ▶ Build a seven-day commitment and 30-day activation plan

SIGNATURE FRAMEWORKS

- **Steady Leadership Path** — A three-stage path for leading well under pressure: Steady → Discern → Lead Forward.
- **Pressure Reflex Model** — A self-awareness tool for naming instinctive reactions before they quietly run the room.
- **Criticism Response Loop** — Widen the gap between criticism and response: Pause → Process → Purpose → Pivot.
- **Process Filter** — Decide what criticism to act on and what to release — is it true, timely, transformative?
- **Three Kinds of Critics** — Sort criticism before carrying it: the Mirror, the Megaphone, and the Misdirected.

EXPECTED OUTCOMES

- ▶ Stay grounded when criticism, pushback, or resistance rises
- ▶ Respond with clarity instead of defensiveness
- ▶ Separate useful feedback from emotional noise
- ▶ Avoid carrying criticism that does not deserve their energy
- ▶ Turn pressure into a moment of clarity, ownership, and progress

DELIVERY OPTIONS

- 90-minute leadership briefing
- Half-day workshop
- Full-day workshop
- Private team training
- Private coaching engagement

TAKE THE NEXT STEP

For individuals: Register for an upcoming public class.

For teams: Bring this program in-house as a private workshop or cohort.

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SCAN TO GET STARTED



Register



Train my team

