



MANAGEMENT COMPOSURE

"Keep your composure. You all right?" - Kobe Bryant

This training course on management composure teaches core strategies to help professionals stay composed in difficult situations. Learn how to lead with poise and resilience, communicate clearly and calmly, respond rather than react, and practice self-care to build emotional strength. Understand how to stay centered and focused in the face of criticism or adversity, and develop a personal game plan for efficiently managing stress. With this course, participants will gain confidence and clarity when confronted with challenging management issues.

Key Course Content:

- Create a culture that attracts workplace composure.
- Learn to highlight and promote composure at work.
- Build seamlessness into every facet of your organisation.
- Reward and recognise composure in the workplace.
- Stay composed and focused under fire.
- Spread composure across the organisation.
- Communicate composure to stakeholders.
- Redirect unnecessary anger.
- Replace crisis management with a composed attitude.
- Break big tasks into bite sized chunks.
- Ignore short term symptomatic solutions.
- Understand psychological informational chunking styles.



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.