

Pressure Matters

Thriving Under Pressure

In high-performance environments, pressure is constant. When left unexamined it doesn't just drain energy it dissolves confidence and hijacks decision making.

This interactive session explores what it really means to thrive under pressure: developing the mindset, preparation, and practical strategies to help you stay focused, flexible, and effective when stakes are high.

This isn't about pretending pressure doesn't exist. It's about learning how to respond to it intelligently. Rather than pushing harder, learn how to work smarter — protect your energy and sustain performance.

Session Outline:

- Understanding pressure – What pressure really is, how it works, and the impact on performance.
- Energy vs time – Why managing energy matters more than managing time
- Reframing pressure – Responding differently when demands are high.
- The ABC model of thinking – How pressure distorts thinking, why thoughts can lie, and how to challenge them.
- The 5-minute rule – Staying effective when pressure hijacks your time and attention.
- Preparing for crunch times – Proactively managing high-pressure periods before they take their toll.
- Nervous system resets – Quick, practical techniques to reset, refocus, and recover during the working day.
- Sustainable performance – Identifying one realistic change to support clarity, confidence, and long-term effectiveness.

Facilitator: Sharron



Sharron is a Mental Health First Aid Instructor and Cancer Awareness Trainer, who has worked with leading brands and brilliant teams of all sizes. She knows exactly how powerful the right support at work can be — and how damaging it feels when it's missing.

Her training is human, practical, and impossible to forget. Making complex topics accessible, practical, and impactful, Sharron is all about shifting perspectives, inspiring action, and creating culture change that lasts.