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COURSE BROCHURE

Leader Resilience and Emotional Agility Under Pressure Training Course

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jupiterprime.uk

info@jupiterprime.uk

Registered in the United Kingdom and Saudi Arabia

Leader Resilience and Emotional Agility Under Pressure Training Course

Ref: 1669_61163 **Date:** 26 – 30 July 2027 **Location:** London **Fees:** 5800 GBP

Leader Resilience and Emotional Agility Under Pressure is a 1-week training course for managers leading teams through change, restructuring or crisis who must stay steady while others feel strain, and it produces a Personal and Team Resilience Plan. Sustained change and heavier workloads are now normal, and teams take their emotional cue from the manager in front of them. This course on Leader Resilience and Emotional Agility is delivered by Jupiter Prime Training.

Why Leader Resilience and Emotional Agility Matters Now

Three forces make leader resilience and emotional agility urgent: back-to-back change initiatives that leave little recovery time, rising burnout and absence in teams under pressure, and hard decisions on roles and resources that test a manager's empathy. A manager who manages their own energy, reads emotions accurately and adapts plans calmly keeps teams engaged through disruption. One who runs on empty spreads anxiety and makes reactive calls. The course rests on Goleman's four-domain emotional intelligence model, the Yerkes-Dodson performance curve, the Kubler-Ross change curve and rolling-wave adaptive planning.

Who Gains Most from Leader Resilience and Emotional Agility

- Managers leading teams through restructuring, mergers or rapid growth
- Team leaders handling heavy workloads and frequent shifting priorities
- Operations managers responding to incidents and service disruptions
- Project managers steering teams through uncertain scope and deadlines
- HR partners supporting managers with wellbeing and change

A management group facing the same change effort gains most when several members attend together, because they can share one resilience language and support each other through the transition.

Leader Resilience and Emotional Agility Capabilities

Participants leave able to protect their own energy, read and respond to emotions in the team and adapt plans without losing composure.

- Assess personal stress patterns and recovery habits using a resilience self-audit — direct reports
- Apply Goleman's emotional intelligence domains to read and respond to team emotions — team members
- Build team resilience routines such as check-ins, recovery breaks and peer support — the wider team
- Communicate tough decisions with empathy while keeping them clear — affected employees
- Design adaptive plans that adjust as conditions change — sponsors and stakeholders

- Test responses to pressure in crisis and change simulations — senior leaders

Key Leader Resilience and Emotional Agility Terms

- Leader resilience — a manager's capacity to absorb pressure, recover energy and keep leading steadily through setbacks.
- Emotional agility — the ability to notice difficult emotions, name them and choose responses aligned with values.
- Emotional intelligence — recognising and managing one's own emotions and those of others in relationships.
- Yerkes-Dodson curve — a model showing performance rises with pressure up to a point, then falls.
- Change curve — a model describing typical emotional stages people pass through during change.
- Adaptive planning — planning in short horizons and adjusting as new information emerges.

Leader Resilience and Emotional Agility Day by Day

Day 1: Pressure and the Leader

- Resilience Self-Audit — Mapping Personal Stressors and Recovery Habits
- Yerkes-Dodson Curve — Finding the Healthy Pressure Zone
- Energy Management Plan — Balancing Physical, Mental and Emotional Reserves
- Early Burnout Signals — Spotting Strain in Self and Others
- Values Anchor — Using Personal Purpose to Steady Decisions

Day 2: Emotional Intelligence in Action

- Goleman's Four Domains — Assessing Self-Awareness and Relationship Skills
- Emotion Labelling Practice — Naming Feelings to Reduce Their Grip
- Emotional Agility Steps — Choosing Responses Over Reactions
- Empathic Listening — Reading Concerns Behind Team Behaviour
- Trigger and Response Map — Preparing for Recurring Hot Spots

Day 3: Team Resilience

- Kubler-Ross Change Curve — Locating Team Members Along Change Stages
- Team Resilience Check-Ins — Running Short Wellbeing Conversations
- Peer Support Networks — Spreading Load Across the Team
- Recovery Rituals — Building Breaks Into Intense Periods
- Workload Rebalancing — Redistributing Tasks During Peak Pressure

Day 4: Tough Decisions and Agile Plans

- Empathy in Hard Decisions — Delivering Role and Resource Changes Fairly
- Rolling-Wave Planning — Setting Near-Term Detail and Longer-Term Direction
- Scenario Triggers — Agreeing When Plans Must Shift
- Calm Communication Under Uncertainty — Saying What Is Known and Unknown
- Post-Event Debriefs — Learning From Setbacks Without Blame

Day 5: Practising the Resilience Plan

- Crisis Simulation — Applying Emotional Agility in a Logistics Disruption Case
- Restructuring Role Play — Testing Empathic Decisions in a Public Services Case
- Team Check-In Rehearsal — Practising Wellbeing Conversations With Peers
- Adaptive Plan Review — Stress-Testing Scenario Triggers
- Personal and Team Resilience Plan — Completing Energy, Routines and Support Steps

Applying Leader Resilience and Emotional Agility After the Course

- Hold a ten-minute resilience check-in with each direct report and note one support action agreed.
- Map the team on the change curve before the next announcement and tailor messages to each stage.

Leader Resilience and Emotional Agility Questions FAQ

What is Leader Resilience and Emotional Agility and why does it matter now?

Leader Resilience and Emotional Agility is a manager's capacity to stay steady under pressure, read emotions well and respond by choice rather than reflex. It matters now because constant change and heavy workloads are normal and teams follow the manager's emotional lead.

Which roles gain most from Leader Resilience and Emotional Agility training?

Managers leading change, team leaders with heavy workloads, operations and project managers, and HR partners gain most, with cases drawn from logistics and public services.

How does Leader Resilience and Emotional Agility differ from a stress management course?

Leader Resilience and Emotional Agility combines personal resilience with leading the team's emotions, tough decisions and adaptive plans. A stress management course focuses on individual coping; this course addresses how a manager leads others through pressure.

What do you bring back from Leader Resilience and Emotional Agility training?

You bring back a resilience self-audit, an energy plan, a trigger and response map, team check-in routines, an adaptive plan with scenario triggers and a resilience plan.

Leader Resilience and Emotional Agility: The Way Forward

The Personal and Team Resilience Plan first informs how a manager prepares for the next demanding phase of change. The manager uses it to protect energy, the team follows its check-in and recovery routines, and HR partners use it to target support. After the most intense period passes, revisit the routines, since teams often drop recovery habits once pressure eases.