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## The Essential Leadership Axioms to Performance Under Pressure

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## Leadership Excellence

## Leading Under High Pressure Situations

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## High Pressure Situations

- Define high pressure
  - Involves a lot of responsibility
  - Worry
  - Several tasks
  - Making decisions in very little time
  - People expect a lot from you
  - People or situations that make you feel forced to do something to succeed
  - Life or death situations

## Elite Military Units

Use pressure as catalyst

Get things accomplished

Create a climate of stability

Use it to challenge and stretch



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## Top Athletes

Be Constructive and Positive

Achieve purposeful things

Enable others to perform effectively



## How Pressure Affects Leadership Effectiveness

Believe in Yourself

Habits of Thought

Habits of Action



## How To Cope With And Thrive Under Pressure

Self-Awareness

Set the Example

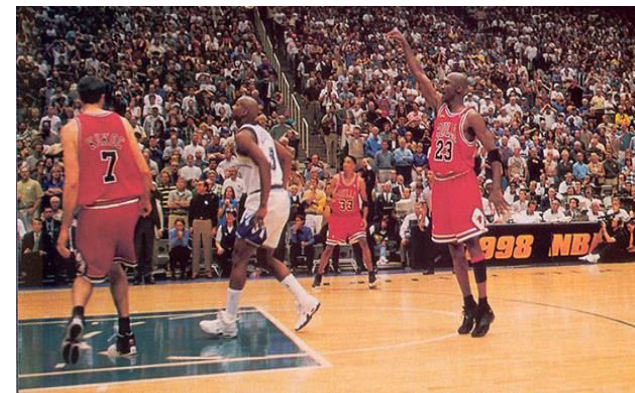
Make No Excuses



## Be More Purpose Driven Than Pressure Driven

Act and Think  
Like the Leader

Seize the Moment



## Balance Courage And Caution

Self-Regulation

Make Sound and Timely Decisions

Be Technically Proficient



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## Manage Expectations

Establish Your  
Vision and Strategy

Context is Critical



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## Erred Judgment and Oversight

Loyalty and Respect

Duty, Honor and Country



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## Deal With Ambiguity And Complexity

Observe and Understand the Situation  
Never Leave Your Battle Buddy



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## Develop Effective Decision-Making Model

Plan  
Prepare  
Practice  
Perform



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## 6 Ways to Conquer Leadership Pressure

- Know Thyself
- Lead
- Keep It Simple
- Get Alignment
- Focus
- Create Whitespace

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## 5 Strategies For Better Results

- Be Purpose Driven
- Find Order in Chaos
- Deal with Change and Uncertainty
- Strike a Balance between Courage and Caution
- Lead with Transparency

## Communication And Team Management

Center of Gravity

Critical Vulnerabilities

Be Proactive

Make Changes



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## Questions

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