

# Managing pressure, stress & overthinking

## Reclaim your inner peace



Focus on: **The Manager** ☒ **The Specialist** ☐ **Spotlight Programme** ☒ **Hands-on Skills** ☐



### Course Overview

This course is unlike any you've ever taken—specifically designed for those navigating high work pressure, stress, or overthinking in today's fast-paced, AI-driven world.

For professionals across sub-Saharan Africa balancing leadership roles with ambitious regional goals, learning to manage pressure helps maintain clarity and resilience.

While technology evolves rapidly, we remain human, carrying emotions, responsibilities, and challenges that don't disappear at the end of the workday.

Work, relationships, family, friendships—these are just a few of the areas that can create pressure and cause us to experience stress & overthinking.

Delegates will learn strategies that help them stay focused and effective while leading projects critical to Africa's development agenda.

This course recognises that your professional life and personal life, and wellbeing are deeply interconnected.

You will learn practical, proven techniques to manage competing demands, boost your effectiveness, delegate with confidence, and set boundaries by saying NO when needed.

At the same time, you will explore how to manage stress, stay grounded, and reduce or even eliminate overthinking using powerful neurolinguistic strategies.

Participants will leave equipped to sustain high performance while contributing meaningfully to Africa's growth and transformation goals.

If you are ready to reclaim your calm and take control—both at work and in life—this is the course for you.

Course Objectives		This Course is Ideal For:	
1	Managing competing demands on your time	✓	Busy executives
2	Learning to let go	✓	Team leaders, managers, and senior leaders
3	Setting boundaries and expectations	✓	HR teams, Administrators
4	Recognising, understanding, and managing stress.	✓	All people who suffer from stress and overthinking
5	Reclaiming your inner peace.		

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### Course Content

Day	Theme	Coverage
1	Managing competing demands on your time	<ul style="list-style-type: none"> <li>Understanding your working style</li> <li>Advanced time management techniques</li> <li>Internal resource mapping</li> <li>Managing internal politics</li> </ul>
2	Learning to let go	<ul style="list-style-type: none"> <li>Letting go of perfection</li> <li>Delegation that works.</li> <li>Letting go of what you cannot control.</li> <li>Understanding the duplication principle</li> </ul>
3	Setting boundaries and expectations	<ul style="list-style-type: none"> <li>Why saying "YES" means saying "NO"</li> <li>Assertive versus passive communication</li> <li>Setting work-life and personal boundaries</li> <li>Stand your ground with the Clouseau questioning technique</li> </ul>
4	Recognising, understanding, and managing stress.	<ul style="list-style-type: none"> <li>Learning the warning signs of stress</li> <li>Understanding stress and its impact on our lives</li> <li>Learning advanced techniques to reduce stress</li> <li>Discover the body and mind connection to remain calm under pressure</li> </ul>
5	Reclaiming your inner peace.	<ul style="list-style-type: none"> <li>Refocusing on your life goals and dreams</li> <li>Learning mindfulness and visualisation</li> <li>Choosing your inner circle</li> <li>Prioritising personal wellbeing</li> </ul>

### Course Assessment

### Certification

#### Participants will be assessed on:

- Participation in sessions
- Completion of exercises & case studies
- Performance in assessments

Upon successful completion of the course, participants will receive a **Certificate of Successful Completion**, along with a **Transcript of Marks** showing the performance by grade in each element of assessment and overall.

### Course Instructor

This distinguished international expert is one of the world's most sought-after leadership development specialists, with over 25 years' global experience transforming organisational excellence across Fortune 500 companies, global energy corporations, and governmental institutions in over 22 countries. Their client portfolio spans national, multinational, and global organisations including Adidas, Toyota, Saudi Aramco, Royal Dutch Shell, and AstraZeneca. A thought leader in leadership and behavioural dynamics, who has advised governments on three continents and developed leaders at all levels, bringing cutting-edge global

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leadership insights that have influenced CEOs, Directors, Government Ministers, and Chief Commanders. Their expertise spans multiple sectors including energy, banking, telecommunications, and manufacturing. A master storyteller and engaging facilitator, they bring leadership to life through their highly interactive, real-world approach to learning, bringing leadership insights and practical wisdom from around the world that you can apply to your business for transformative results.