

# *My Leadership Under Pressure (Reflection)*

**Purpose:** Help participants connect the programme premise to their real leadership context.

**Instructions:** Answer briefly and honestly (no overthinking).

**1) Under pressure, I tend to...**

- speed up
- take control
- withdraw
- over-explain / justify
- become impatient
- other: \_\_\_\_\_

**2) When pressure rises, people usually experience me as...**

- clear and steady
- intense / urgent
- less available
- unpredictable
- overly directive
- other: \_\_\_\_\_

**3) My most common “high-pressure leadership moments” are:**

- 
- 
-

**4) What I want to develop in this programme is:**

(e.g., steadiness, clarity, patience, presence, less reactivity)

- 

**5) A sentence I'd like to be true about my leadership presence is:**

“Even under pressure, I want people to experience me as \_\_\_\_\_.”