



MARK PAASMAN

HALF-DAY WORKSHOP FOR ORGANISATIONS

LEADING YOURSELF UNDER PRESSURE

Act, communicate and make decisions clearly when pressure rises.



WHY THIS WORKSHOP

Under sustained pressure, an automatic response can arrive before deliberate judgement. In this workshop, participants examine what happens in a real work situation and what they can deliberately do differently from the next working day.

FROM PRESSURE TO DELIBERATE ACTION

applied live to a real work situation

SITUATION

→
INTERPRETATION

→
SIGNALS

→
AUTOMATIC RESPONSE

→
DELIBERATE ACTION

WHEN THIS MAY BE RELEVANT

- High responsibility is being carried with too little recovery.
- Pressure repeatedly leads to acceleration, over-control or withdrawal.
- Judgement and communication narrow as the load rises.
- A team wants a shared language without compulsory personal disclosure.

THE WORKSHOP FOCUSES ON

- Recognising early signs of pressure.
- Separating observable facts from assumptions.
- Noticing automatic responses earlier.
- Communicating and acting more deliberately under pressure.
- Concrete actions for the next working day.

3 HOURS · 6-10 PARTICIPANTS · MAXIMUM 12

We work with a real work situation. Personal disclosure is not compulsory.

MARK PAASMAN · MENTOR

Hard on the content. Gentle with the person.

DISCUSS WHETHER THIS FITS YOUR TEAM OR ORGANISATION.

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