

Build Leadership Resilience

Masterclass & Course

When deadlines collide and priorities shift, you'll stay focused and lead with clarity.

What this addresses

Design leaders navigate high-stakes environments that demand sustained performance without burning out.

This programme gives you personal resilience strategies, emotional intelligence tools, and frameworks to cultivate team well-being and psychological safety.

You'll learn how to manage stress, conflict, and difficult conversations while maintaining focus, motivation, and composure, for yourself and your team.

Built for mobility design leaders navigating relentless pressure, competing priorities, and the emotional demands of leadership.

Who this is for

Design leaders navigating high-stakes environments who need to manage stress, build emotional intelligence, and sustain performance over the long term.

Suitable for: Emerging Leaders, Established Leaders, Senior Leaders

Contact for pricing and availability



**BUILD
LEADERSHIP
RESILIENCE**

What you walk away with

How this applies to design

Personal resilience strategies

- Manage stress and maintain focus under pressure
- Build routines and practices that sustain energy and motivation
- Recognize and address burnout before it derails performance

Emotional intelligence and self-awareness

- Strengthen self-awareness, self-regulation, and empathy
- Navigate emotions in high-stakes moments
- Lead with composure and clarity under pressure

Team well-being and psychological safety

- Cultivate psychological safety within your team
- Address team burnout and performance issues
- Build a culture of sustainable high performance

- Manage stress during tight project cycles and deadline pressure
- Navigate emotional dynamics in cross-functional conflict
- Address team burnout without sacrificing delivery timelines
- Lead with composure during high-stakes presentations or crises
- Build sustainable performance in demanding OEM environments

Masterclass Curriculum

3 days | Intensive, high-impact | Ready to use Monday morning

Day 1

Personal Resilience & Stress Management

- **Understanding stress and burnout**

Recognizing signs of burnout in yourself and your team.

The neuroscience of stress and recovery .

Building personal resilience practices .

Stress management techniques

Mindfulness, breathing, and grounding techniques.

Time management and prioritization under pressure .

Building routines that sustain energy and focus .

- **Workshop: Design your resilience routine**

Identify stressors and build a personal resilience plan.

Day 2

Emotional Intelligence & Self-Awareness

- **Foundations of emotional intelligence**

Self-awareness, self-regulation, empathy, social skills .

Understanding emotions in high-stakes moments .

Leading with composure and clarity.

- **Navigating difficult conversations**

Managing anger, frustration, and disappointment.

Regulating emotions during conflict or crisis.

Using emotions as data, not obstacles.

Workshop: Practice emotional regulation

Role-play high-stakes scenarios with peer feedback.

Day 3

Team Well-Being & Psychological Safety

- **Cultivating psychological safety**

What it is, why it matters, and how to build it.

Addressing team burnout and performance issues.

Balancing empathy with accountability.

- **Leading sustainably**

Building a culture of sustainable high performance.

Supporting team well-being without sacrificing delivery.

Action planning for embedding resilience in your studio.

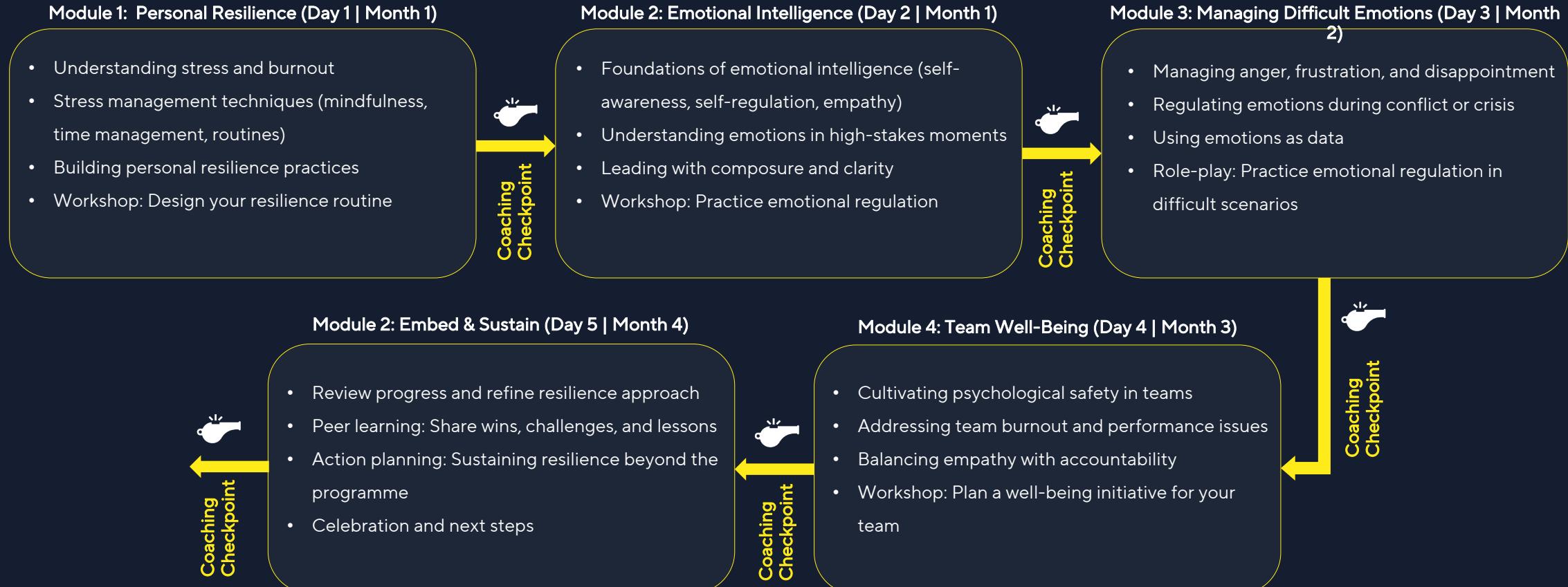
What's included

- All learning materials and frameworks
- Case studies and templates
- Memory cards
- Post-programme access to resources

Course Curriculum



5 days over 4 months + coaching | Deep capability development | Behaviour change



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For bookings and
inquiries, drop us a
line.

Spaces are limited
per quarter.
Plan your capability
today.

