



Performing Under Pressure: The Science of Emotional Intelligence

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8:30 A.M.–4:30 P.M.

Leadership isn't easy, especially under pressure. Neither is performance. Usual tasks, conversations and decisions that seem straightforward suddenly become difficult when pressure increases. Pressure changes how your brain functions; it changes attention, memory, decision-making and your ability to think. Only the best performers manage stressful situations effectively. It starts by understanding the science behind how pressure impacts the brain and then using this insight to better manage through the situations more skillfully. You will leave this program with strategies to manage your emotions so you can be at your best in the most difficult moments.

This program will help leaders:

- Understand the science of emotions that drive decision-making under pressure
- Learn practical strategies to respond more skillfully under pressure
- Identify patterns, triggers and emotional habits that either drive or derail performance



BILL BENJAMIN

Bill Benjamin has advanced degrees in mathematics and computer science and 25 years of real-world business experience as a senior leader. Benjamin is authentic about his own struggles under pressure as a leader. He shares how he has been able to apply the very same techniques he teaches to become a better leader (and husband and father) himself. Benjamin is a partner at the Institute for Health and Human Potential (IHHP), a successful international research and training company, named one of Canada's fastest-growing companies in the "Fast 100" ranking in Profit magazine.