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# Composure Under Pressure: Stress and Anger Control for Executives Training Course

15 – 19 November 2026  
Zoom





## Composure Under Pressure: Stress and Anger Control for Executives Training Course

**Ref:** 562\_29584 **Date:** 15 – 19 November 2026 **Location:** Zoom **Fees:** 1700 GBP

### Programme Summary

Stress and anger control for executives is the subject of this one-week training course for senior leaders, ending in a personal composure plan and a team pressure map. Leaders carry heavy workloads, public scrutiny and conflict, and one sharp reaction can undo months of trust. The programme links stress signals, anger triggers and recovery habits to decisions and team climate, applying each tool to the participant's own role. Mars Training Centre UK delivers this programme on stress and anger control for executives to mixed-organisation cohorts.

### The Business Case

When stress and anger control for executives is left to personality, pressure shows up as short tempers, avoided conversations and rushed decisions. Teams then hold back bad news, absence rises and talented people leave. Leaders who recognise their triggers, regulate early and reduce avoidable pressure on others keep decision quality steady and give teams a safer place to raise problems.

- **Decision Quality:** Improves as emotional reactions are recognised and regulated before choices are made.
- **Staff Retention:** Improves as leaders reduce avoidable pressure and respond calmly to problems.
- **Absence and Conflict Cases:** Fall as early warning signs of strain are acted on in teams.

### Principles and Evidence Base

- **ISO 45003:** The guidance on managing psychosocial risk within an occupational health and safety system frames the team pressure map built in Sessions 3 and 4.
- **ISO 45001:** The occupational health and safety management system requirements provide the context for the action plan in Session 5.
- **Emotional regulation:** Recognising a trigger, pausing and choosing a response guides the personal work in Sessions 1 and 2.
- **De-escalation:** Lowering tension in a heated exchange through tone, listening and structure supports Session 4.

### Intended Participants

- Directors and heads of function who carry sustained pressure and public scrutiny.
- Senior managers who lead large teams through change and conflict.
- Leaders who must give difficult messages and hold firm negotiations.
- Leaders responsible for the wellbeing and conduct of their own teams.

Typical functions include operations, finance, public services, healthcare and engineering.



## Learning Outcomes

1. Participants will be able to diagnose their own stress signals and anger triggers.
2. Participants will be able to apply regulation techniques during live pressure.
3. Participants will be able to construct a map of pressure sources in their team.
4. Participants will be able to evaluate how their own reactions affect team behaviour.
5. Participants will be able to prioritise actions that reduce avoidable strain.
6. Participants will be able to justify a personal composure plan to a sponsor.

## Programme Structure

### Day 1: Stress and Anger Control in Leadership Roles

What happens in the body and mind when a leader is under pressure?

- Stress Response Model
- Personal Stress Signal Log
- Anger Trigger Inventory
- Role Demand Review
- Reaction Cost Analysis

### Day 2: Regulating Reactions in the Moment

How can a leader pause and choose a response before reacting?

- Pause and Label Technique
- Breathing and Posture Reset
- Reframing Statements
- Tone and Language Check
- Recovery Routine Design

### Day 3: Reading Pressure in Teams

Where does avoidable strain come from, and how does it show?

- Psychosocial Risk Checklist
- Workload and Control Review
- Team Climate Indicators
- Early Warning Signs Register
- Team Pressure Map

### Day 4: Conflict, De-escalation and Difficult Conversations

How is a heated exchange calmed without losing authority?



- De-escalation Sequence
- Active Listening Frame
- Boundary-Setting Script
- Repair Conversation Structure
- Escalation Decision Guide

## Day 5: Building the Personal Composure Plan

Do the personal and team tools support one plan for the leader's own role?

- Applying the Session 1 Anger Trigger Inventory
- Using the Session 2 Recovery Routine
- Testing the Session 3 Team Pressure Map
- Rehearsing the Session 4 De-escalation Sequence
- Completing the Personal Composure Plan

## Methodology

The programme uses a structured exercise method built on anonymised leadership scenarios from several sectors, reflective logs and peer feedback. Participants rehearse responses in small groups, observe each other's tone and pacing, and receive written facilitator comments on each exercise set. Personal material stays confidential to the group.

- Suggested activity: Rehearsing a calm reply to a provocative remark in a budget meeting.
- Suggested activity: Mapping the weekly pressure points of a real team.
- Suggested activity: Role-playing a repair conversation after an outburst.

## Capstone Output

Each participant completes a personal composure plan and a team pressure map. The plan holds a trigger inventory, a regulation routine, a recovery schedule and a de-escalation script. The map ranks sources of strain in the participant's team with actions. Both are used at work to guide self-management, brief a sponsor and open conversations with the team.

## Frequently Asked Questions

### Is stress and anger control for executives suitable for leaders with no prior training?

Yes. Stress and anger control for executives assumes senior responsibility and some experience of pressure at work, and builds self-awareness and technique step by step.



## **Which standards does stress and anger control for executives rest on?**

Stress and anger control for executives rests on ISO 45003 and ISO 45001 for managing psychosocial risk, with emotional regulation and de-escalation methods.

## **How is the plan from stress and anger control for executives used at work?**

You use the personal composure plan to guide daily self-management, brief a sponsor and open conversations about pressure with your team.

## **How does stress and anger control for executives differ from general stress management training?**

Stress and anger control for executives centres on a leader's own reactions and their effect on teams, while general stress management training centres on wellbeing habits for all staff.