

TAKE YOUR SHOT: LEADERSHIP FOR WHEN IT MATTERS

Leadership is not tested when conditions are ideal. It is tested when times get tough, stakes increase, and decisions must be made without perfect information.

Too often, performance falters not because of limited skill or effort, but because individuals are unprepared for how stress, uncertainty, and internal dialogue shape behavior. In high-stakes moments, leadership depends on the ability to self-manage in real time.

Drawing from performance psychology, neuroscience, and decades of experience coaching elite performers, Dr. Dave Striegel reframes leadership as a performance discipline. Participants learn how high performers prepare mentally, regulate internal responses, and remain steady and decisive under pressure.

This course emphasizes personal accountability, self-awareness, and intentional behavior. By strengthening self-leadership in demanding situations, participants improve performance, communication, and confidence. The result is greater consistency, resilience, and effectiveness across professional environments.

SUGGESTED AUDIENCE:

Professionals

SUGGESTED FORMAT:

Full or Partial Day; Lecture, Workshop, Keynote



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LEARNING OBJECTIVES:

- Distinguish between performing well under ideal conditions and performing effectively under pressure
- Identify how pressure impacts thinking, emotional regulation, and leadership behavior
- Apply growth-oriented performance strategies to remain calm, focused, and decisive in challenging situations
- Recognize and quiet internal patterns that undermine confidence and effectiveness
- Evaluate personal leadership habits through a performance lens to identify opportunities for improvement
- Strengthen the mindset and self-leadership skills required for sustained professional excellence

