

# LEADERSHIP IN **CRISIS** AND PANDEMIC SITUATIONS

Thursday 25th March 2021 @ ZOOM  
11:00am-4:00pm (PST)



Workshop Facilitator  
**John Bentley**

## Workshop Overview

Everyday pressure has become commonplace in the working world and emotional stress has become accepted as part of building a career. The global coronavirus pandemic has, however, taken stress to an unprecedented level. According to the Centers for Disease Control and Prevention, stress during an infectious disease outbreak typically leads to the following:

- Fear and worry about health, financial situation or job, or loss of support services
- Changes in sleeping or eating patterns
- Difficulties in focus and concentration
- Worsening of chronic health problems and mental health conditions

This workshop is an examination of key leadership principles as a foundation introduction to consciously opt to respond with clarity rather than react in situations of perceived stress and to instill this behaviour into teams, colleagues and associates.

The workshop will demonstrate how using simple, practical and low-cost tools and models can tap into resources to reframe perceptions, expectations and adapt to the “new normal” of the COVID era.

To register, please click here:

<http://bit.ly/3s8EQBq>

## Key Benefits

Through a blend of discussions, activities and case studies, participants will:

- **Understand the “Stress Effect”**
  - For organizational performance
  - For individual success and personal wellbeing
- **Identify their own Stress Position**
  - Levels of Stress
  - Stress factors and Influencers
- **Appreciate the Framework for Stress Management**
  - Understanding emotions & stress triggers
  - Identifying patterns and cycles
  - Evaluating Options
  - Applying the Optimism Model in challenging and uncertain situations
  - Reframing and adapting to changing circumstances & requirements
- **Create their Crisis Management Framework to tackle challenges within the pandemic and beyond**

## Who should attend ?

- Executives and Managers of all levels and experience
- Anyone wishing to improve the professionalism and effectiveness of their Leadership and career progression

## Workshop Investment

**PKR 7,500/-**  
**+SST Per Participant**

**Group Discount Available**

### Fee Includes:

- e-Learning Material • Digital Certificate of Attendance
- Virtual Business Networking • Post-Workshop Advisory Services
- Octara Loyalty Card\*\*

\*\* Entitles card holder to 15% discount on all future Octara Trainings (online & classroom)

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## AGENDA

### The 21st Century VUCA World

### The COVID Effect; "The New Normal"

- For Organizations
- For Teams
- For Leaders

### The Stress Effect

- On Performance & Success
- On Wellbeing

### The Crisis Management Framework

- The Golden Rules
- Pause to regain control
- Analyze the emotions
- Recognize patterns and signals
- Generating options
- Exercising Optimism
- The Change Map Tool to manage self and teams in times of uncertainty
- Followership Models
- Creating Connection in Crisis
- Building Trust for Sustainability

### Personal Action Plans

## FACILITATOR'S PROFILE

### John Bentley

Managing Director,  
PowerBase Consulting-Dubai



John has over 30 years of sales and general senior management experience, leading teams in Europe, the Middle East and Africa for multi-national companies including IBM, Hitachi Data Systems and Hewlett Packard.

He blends his extensive commercial experience with a passion for developing leadership and teams. His belief is that Emotional Intelligence is critical for sustainable success and this theme runs through his workshop and coaching program. The overall aim is to develop Sales and Business Leaders who are able to create a context of trust in order to:

- Inspire deep motivation
- Achieve smooth execution
- Create effective teamwork
- Transform resistance in readiness for change

Aligned with organizational objectives and vision, John has assisted executives and senior managers across industries to improve their insight into leadership effectiveness by focusing on the 4 main areas of: Influence, Efficacy, Design and Direction. Similarly, he has worked with a range of professional teams focusing on Satisfaction, Business Agility, Results and Sustainability.

## John has trained Clients from following organizations:



## Bring this program In-house at attractive discount

This workshop can be customized to suit specific needs of your organization which may lead to significant savings. Please contact Sarim Atique at [sarim.atique@octara.com](mailto:sarim.atique@octara.com) or call at 0345-8949470

For Details & Registration contact

Sarim Atique at: [sarim.atique@octara.com](mailto:sarim.atique@octara.com), Mobile: 0345-8949470, Ph: +92-21-34520093

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