9 HABITS OF LEADERS WHO ARE **POWERFUL UNDER PRESSURE**

They stay grounded, adaptable, and collaborative -- especially when stakes are high

1 REGULATE THEIR PHYSIOLOGY

- They recognize stress in their body and shift it
- They use breath, posture, and movement to reset in real time

2 KNOW WHAT THEY'RE FEELING

- They name emotions without being ruled by them
- Show empathy without absorbing others' stress

3 RESPOND, DON'T REACT

- They pause before acting, even under urgency
- They make grounded decisions, not fear-based

4 RECOVER AND REFLECT QUICKLY

- Bounce back from mistakes and setbacks with insight
- Model resilience in public by not hiding stumbles

5 FOSTER PSYCHOLOGICAL SAFETY

- Stay calm and composed, creating space for others to speak up
- Makes it safe to take risks or voice disagreement

6 TRANSFORM CONFLICT INTO COLLABORATION

- Address tension early and skillfully
- Shift power struggles into shared problem-solving

7 USE PRESSURE AS A PERFORMANCE CATALYST

- Channel urgency, into creative momentum
- See pressure as a moment to rise – not retreat

8 ADAPT WITHOUT LOSING DIRECTION

- Stay flexible without losing sight of the goal
- Adjust tactics, not vision

9 LEAD WITH STEADY CONFIDENCE

- Transmit calm and confidence even when outcomes are uncertain
- Inspire trust by being composed and real

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