

Resilience Under Pressure

Build the capacity to think, communicate and lead effectively when the pressure rises.

A full-day experiential workshop for managers, leaders and teams operating in demanding, fast-changing environments.

Resilience is often treated as something we understand: a mindset or framework to remember when circumstances become difficult. But pressure is not experienced as a concept — it changes how we breathe, hold ourselves, listen, speak and make decisions, often before we are consciously aware of it.

Built around the Beck Emotional Access Technique® (BEAT™), the workshop combines behavioural training, embodied practice and realistic high-pressure scenarios. The aim is not simply to know more about resilience — it is to become more capable under pressure.

Why this is different

Most resilience and EQ training operates top-down: learn a framework, apply it consciously when pressure occurs. BEAT™ takes a different approach — it works with the relationship between attention, bodily state and behaviour, training participants to recognise and deliberately alter their response in real time.

The result is resilience trained as behaviour, not simply understood as an idea.

The six modules

- 01 Reading Your Own Pressure Signals** *Fay*
Recognise pressure before it begins running the interaction — through interoception and embodied awareness.
- 02 Regulation Under Load** *Fay*
Move from recognising your response to being able to change it, in the moment, without disengaging.
- 03 Embodiment & Breathwork for Composure** *Martina*
Train the physical foundations of composure — breath, posture, pace and grounding.
- 04 Assertiveness Under Pressure** *Fay*
Keep your voice when the interaction becomes difficult, without collapsing or escalating.
- 05 Grace Under Pressure** *Fay & Martina*
Develop a recognisable, repeatable state of presence and authority you can return to.
- 06 Applied Practice: Pressure in Real Time** *Fay & Martina*
Realistic, escalating scenarios that put every skill from the day under genuine load.

Who this is for

Managers, directors and senior professionals working in environments where composure under pressure has genuine operational consequences — organisational change, high-stakes client relationships, sustained delivery pressure, difficult conversations, and leadership under uncertainty.

The BEAT™ approach

BEAT™ (Beck Emotional Access Technique®) is a behavioural and embodied methodology developed by Fay Beck, originally through performance training. It begins from a simple premise:

Changing what we know does not necessarily change what we do under pressure.

BEAT™ therefore trains behaviour directly — concerned not simply with what people understand about pressure, but with how they actually function inside it.

Format

Full-day workshop · 9:00am–5:00pm · up to 12 participants

Delivered by Fay Beck and Martina Avogadri

From £3,900 · working lunch included

London venue or your own premises — venue hire quoted separately

The workshop can be contextualised around the pressures and challenges most relevant to your team.

Ready to talk?

Book a discovery call to discuss your team's needs.