

THE CAPTAIN'S COACH®



# PERFORM UNDER PRESSURE™

**LEADERSHIP  
PERFORMANCE  
RESILIENCE**

A High-Performance Leadership Programme  
for Emerging Top Talent, High Performance Leaders  
and Senior Executives



# INTRODUCTION

Grounded in frontline operational leadership and high-performance coaching psychology, this advanced leadership, performance and resilience programme equips emerging top talent, high performance leaders and senior executives with the practical tools, behavioural strategies and mindset required to excel under pressure. It empowers leaders to operate confidently at the top tier – with clarity, composure and consistent impact.

Modern leaders operate in environments defined by complexity, pace and constant demands. They are expected to deliver results, inspire teams, communicate with influence, manage uncertainty and maintain wellbeing – all at once.

Yet most are promoted for performance, not prepared for leadership under pressure. The consequences are familiar:

- Inconsistent performance
- Reduced clarity and confidence
- Communication breakdown
- Disengaged teams
- Rising burnout
- Weakened organisational outcomes

**This is not a capability issue.  
It is a development gap.**



Perform Under Pressure™ closes that gap – combining real-world leadership experience with proven coaching psychology to strengthen the behavioural, cognitive and resilience capabilities every modern leader needs.

Shaped by 25+ years of operational leadership and extensive executive coaching, the programme enables leaders to elevate performance sustainably, enhance culture, and lead with confidence and clarity even when the stakes are high.



# WHY PERFORM UNDER PRESSURE™?

Leaders today face a broader remit and greater intensity than ever before. Heightened expectations, constant change and increased responsibility expose gaps in capability that traditional leadership training rarely addresses.

Perform Under Pressure™ provides a **high-value, evidence-based development pathway** that equips leaders to:

- ✓ Think clearly under pressure
- ✓ Make strategic decisions
- ✓ Communicate with impact
- ✓ Build high-performing teams
- ✓ Maintain resilience and wellbeing
- ✓ Navigate challenge and complexity with composure

Leaders don't need more theory – they need practical strategies that work when pressure is highest. This programme delivers exactly that.

## WHAT PARTICIPANTS WILL GAIN

Leaders completing this programme will:

- ✓ Operate with clarity and focus under pressure
- ✓ Strengthen confidence and leadership presence
- ✓ Influence and communicate with greater impact
- ✓ Build accountable, high-performing teams
- ✓ Lead effectively through adversity
- ✓ Prevent burnout and sustain long-term performance

They emerge ready to **lead with confidence, inspire others and deliver consistently at a high level.**



# ORGANISATIONAL IMPACT & BUSINESS BENEFITS

## What Perform Under Pressure™ Delivers for Your Organisation

Perform Under Pressure™ strengthens leadership capability across your organisation, creating the foundation for sustained performance, resilient teams and a strong, aligned culture. By equipping leaders with the mindset and tools to operate effectively under pressure, you gain measurable improvements across people, performance and organisational health.

### ORGANISATIONS EXPERIENCE:

- 1 Higher Leadership Performance**  
Sharper decision-making, better prioritisation and stronger execution.
- 2 Stronger Team Engagement & Accountability**  
Greater ownership, improved communication and enhanced collaboration.
- 3 Talent Development & Succession Strength**  
A clear capability framework to identify, grow and accelerate future leaders.
- 4 Improved Retention & Reduced Burnout**  
Leaders who support wellbeing, manage pressure effectively and sustain performance.
- 5 Consistent Culture & Leadership Standards**  
Shared behaviours, language and expectations across teams and functions.
- 6 Agility & Change Readiness**  
Leaders who remain composed and effective in complexity and uncertainty.
- 7 Scalable, Cost-Effective Leadership Development**  
A ready-made, high-impact curriculum that accelerates capability at scale.

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# THE PERFORM UNDER PRESSURE™ CAPABILITY FRAMEWORK

## 1. LEADERSHIP

Lead with clarity, confidence and communication

Leaders learn to:

- ✓ Build high-performing teams
- ✓ Communicate with influence
- ✓ Set expectations and drive accountability
- ✓ Manage conflict and feedback
- ✓ Embed culture through behaviour

### OUTCOME:

Stronger engagement, collaboration and leadership impact.

## 2. PERFORMANCE

Deliver consistently under pressure

Leaders learn to:

- ✓ Prioritise effectively
- ✓ Eliminate overwhelm
- ✓ Drive clarity and focus
- ✓ Make strategic decisions
- ✓ Maintain discipline and momentum

### OUTCOME:

Improved productivity, reduced rework and stronger operational effectiveness.

## 3. RESILIENCE

Stay steady and effective under pressure

Leaders develop:

- ✓ Emotional regulation and self-awareness
- ✓ Sustainable pressure-management habits
- ✓ The ability to prevent burnout
- ✓ Clarity in uncertainty
- ✓ Tools to support team resilience

### OUTCOME:

More consistent leadership performance and improved wellbeing across teams.



# PROGRAMME OVERVIEW & DELIVERY OPTIONS

A High-Performance Leadership Programme Designed for Emerging Top Talent, High Performance Leaders and Senior Executives.

Perform Under Pressure™ distils over 25 years of operational leadership and high-performance coaching psychology into a practical, accessible and scalable development experience. Designed for busy executives and high-potential leaders, the programme delivers high-impact learning without disrupting schedules.

## PROGRAMME FORMAT

- Self-paced digital lessons
- Short, high-impact video content
- Real-world case studies
- Practical tools and leadership blueprints
- Reflection exercises to embed learning
- Downloadable high-performance toolkit
- Over 3 hours of expert-led training

The digital format ensures leaders can learn anytime, anywhere — ideal for global teams or cohort development.

## DELIVERY OPTIONS

### Perform Under Pressure™ (Digital)

A complete, self-paced leadership, performance and resilience programme designed for individual leaders or organisational cohorts.

- ✓ Accessible 24/7
- ✓ Scalable across teams and departments
- ✓ Ideal for leadership pathways and talent pipelines

### Perform Under Pressure™ PLUS

The full digital programme plus five end of course 1:1 coaching sessions with John Beavis, providing deeper integration, behavioural development and personalised support.

- ✓ Tailored insight and application
- ✓ Focused development for senior executives
- ✓ Enhances transfer of learning into real-world performance

### Bulk & Cohort Options

Flexible arrangements for organisations wanting to develop leaders at scale:

- ✓ Team or functional cohorts
- ✓ Blended learning pathways
- ✓ Corporate licensing
- ✓ Supports organisational capability strategies



# THE FIVE COURSES

- 1 Unlock Your Potential**  
Develop a strategic mindset, build high-performance habits and elevate your leadership capability.
- 2 Harness Team Talent**  
Acquire the tools and behaviours required to build accountable, high-performing teams.
- 3 Lead Through Adversity**  
Strengthen resilience, maintain clarity and lead confidently through challenge and uncertainty.
- 4 Cultivate High Performance**  
Shape culture, embed behavioural standards and build systems that enable sustained excellence.
- 5 Beat Burnout & Sustain Peak Performance**  
Manage pressure effectively, prevent burnout and maintain long-term performance.



“With support from John, I’ve found ways to dig deeper, using my mind and my team to rebuild what felt lost.”

“John equipped me with tools and techniques to counter challenges and perform at my best — enabling me to get the best from my team.”

“This programme gave me the mindset and methods needed to sustain operations throughout an intensely challenging period.”

## WHO THIS IS FOR

### IDEAL FOR:

- ✓ C-Suite executives
- ✓ Senior directors
- ✓ Heads of department
- ✓ Leaders of high-performing teams
- ✓ High-potential emerging leaders
- ✓ Talent pipeline cohorts
- ✓ Organisations preparing leaders for bigger roles

# ABOUT JOHN BEAVIS

I'm an elected Fellow of the Institute of Leadership, an ILM Masters Executive and Leadership Coach, a former Royal Navy Officer, and Bomb Disposal and Diving Specialist.

Having led elite teams, worked alongside the Special Forces, stepped up to Captaincy, and commanded the UK's largest Bomb Disposal and Diving Squadron throughout the London 2012 Olympic Games, I know what pressure looks like and what it takes to lead on an international stage.

Combining experience with expertise I've distilled coaching psychology, frontline leadership, and real-world experience into three transformative programmes - services that equip Senior Executives and Senior Seafarers with the tools, techniques and mindset to get the best from themselves, get the best from their teams, and build high performing ecosystems that'll perform under pressure.



## NEXT STEPS

To explore whether Perform Under Pressure™ aligns with your leadership development strategy:

- Request a programme preview
- Schedule a capability conversation
- Discuss cohort or organisational pricing

**BOOK A CONVERSATION**

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