

Cool Under Pressure



Emotions don't cause for conflict, they drive it. This workshop builds the foundational skill every other conflict tool depends on – the ability to recognize what's happening emotionally, regulate your own response, and help others do the same. Without this, everything else fails.

Outcomes

- ✓ **Recognize the emotional triggers** and patterns that escalate or de-escalate conflict in real time
- ✓ **Apply regulation strategies** to manage their own emotional responses under pressure
- ✓ **Read and respond to the emotional states** of others to create conditions for resolution
- ✓ **Use intentional questioning techniques** to reduce tension and shift the dynamic
- ✓ **Navigate the full arc from emotional reaction** to logical, constructive resolution

Length



Clinic Format



Classroom



Virtual

Tools



Emotions Deescalation Playbook



SCL Deescalation Mental Checklist

"No good decisions are made in high emotion"

Solves

- **Reactivity** – Automatic, unconsidered responses that escalate conflict before logic has a chance to land
- **Escalation** – The emotional spiral that turns manageable tension into full-blown breakdown
- **Volatility** – Unpredictable emotional swings that erode trust and make resolution feel impossible

Improves

- **Regulation** – The ability to pause, process, and choose your response instead of defaulting to reaction
- **Awareness** – Real-time recognition of what emotions are present – yours and everyone else's in the room
- **Composure** – The steadiness that signals safety to others and creates space for resolution to happen

Audience

- Coaches
- Sports Administrators
- Sports Executives
- Leaders
- Officials
- College and Pro Athletes
- High School Athletes
- Business Leaders