

Leadership Capacity Training - Staying Centered Under Pressure

A practical training that teaches leaders and teams how to maintain clarity, emotional steadiness, and sound judgment when pressure is high.

The Challenge

Most professionals today operate under sustained pressure. When stress becomes constant, people do not lose skill or motivation - they lose nervous system capacity. When capacity drops, decision quality declines, reactivity increases, recovery time lengthens, and cognitive flexibility decreases.

Who This Serves

Leaders and managers responsible for complex decisions, teams experiencing cognitive fatigue or burnout, and organizations committed to sustainable leadership practices.

Format

- Time-bound and clearly defined sessions
- Delivered live (in person or virtual)
- Calm, structured facilitation
- No emotional disclosure required

The Training

Participants learn practical nervous system capacity training that can be applied immediately in real-world conditions.

- Observe - Recognize stress signals and reactive thought patterns.
- Center - Use simple nervous system regulation tools to restore clarity.
- Choose - Respond intentionally rather than reacting automatically.

Next Step

Organizations typically begin with a pilot training. Initial contact is a short conversation to understand context and determine whether the workshop is a good fit.

Facilitator

Christa Bates

Founder, Verity Co LLC

Specializing in nervous system capacity training for individuals and organizations operating under sustained pressure.

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