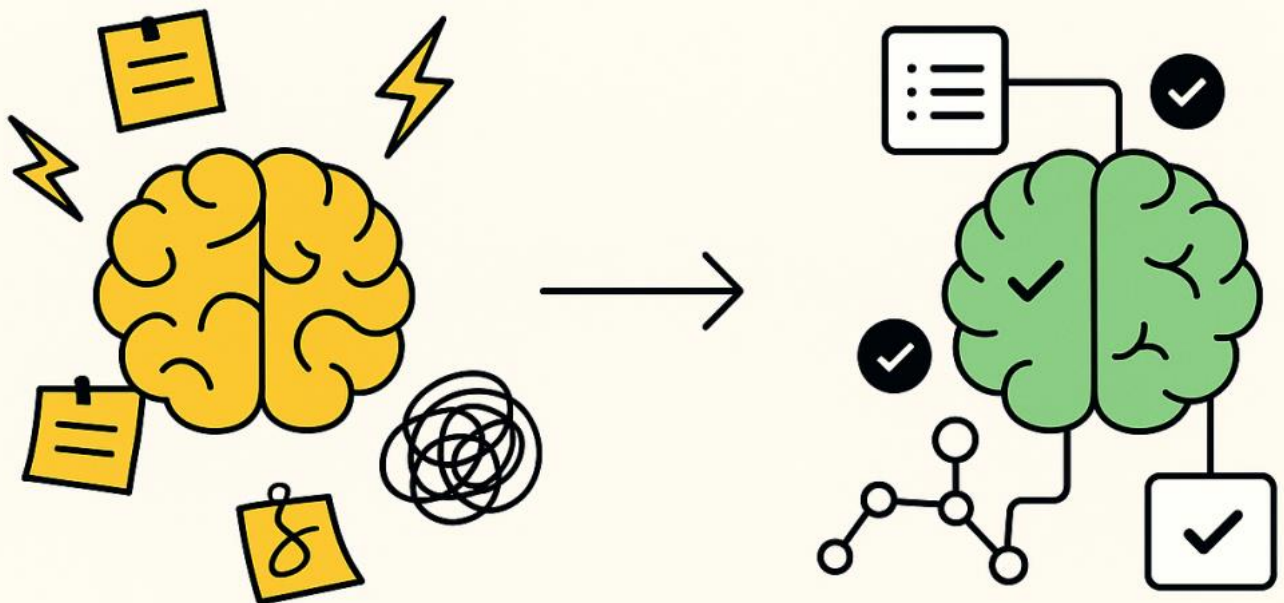




安讯教育与科技有限公司
Axon Consultancy Sdn Bhd

HOW TO THINK CLEARLY UNDER PRESSURE



**BUILDING MENTAL CLARITY, EMOTIONAL
CONTROL & CONFIDENT DECISION MAKING**



Axon Consultancy Sdn. Bhd.

(Co Reg no: 201701042497)

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AN OVERVIEW

In today's fast-paced and high-pressure work environment, professionals are frequently required to make critical decisions under emotional, time, and performance stress. The **“How to Think Clearly Under Pressure”** programme is a structured, experiential two-day training designed to equip participants with practical tools to remain calm, focused, and decisive in demanding situations.

This programme integrates **emotional regulation, cognitive clarity, and structured thinking frameworks** to help participants manage stress effectively, avoid impulsive reactions, and make confident decisions even in uncertainty. The training emphasises real-world application, ensuring immediate workplace transfer and long-term behavioural impact.

DURATION: 2 Days

WHO SHOULD ATTEND:

This program is designed for individuals who regularly face high expectations, time pressure, or emotional demands:

- Executives, managers, team leaders
- Entrepreneurs and business owners
- Educators, trainers, and facilitators
- Young professionals and university students (18+)
- NGO leaders and community organisers
- Parents and caregivers (customised delivery available)



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PROGRAMME OBJECTIVES

By the end of this programme, participants will be able to:

- Maintain mental calm and emotional stability under pressure
- Recognise personal stress triggers and emotional responses
- Apply structured thinking tools in high-pressure situations
- Make clear, confident, and timely decisions despite uncertainty
- Communicate effectively during tense or emotionally charged interactions
- Build long-term mental resilience and clarity habits

LEARNING OUTCOMES

Upon successful completion, participants will demonstrate the ability to:

- Identify how pressure affects thinking, emotions, and behaviour
- Regulate emotional responses before making decisions
- Reduce mental overload and decision fatigue
- Apply logical thinking frameworks during stressful situations
- Handle people, conflict, and communication calmly under pressure
- Implement a personal “Clear Thinking Under Pressure” action plan



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TRAINING METHODOLOGY

This programme adopts a **learner-centred, experiential, and application-focused methodology**:

1. Experiential Learning

- Real-life scenarios, simulations, role plays

2. Interactive Facilitation

- Group discussions, pair work, guided reflection

3. Cognitive & Emotional Skill Development

- Emotional regulation techniques
- Structured thinking and decision frameworks

4. Reflection-Based Learning

- Self-awareness and behavioural insight

5. Practical Tools & Frameworks

- Calm anchoring
- Stop–Think–Choose
- Priority and decision filters

6. Action-Oriented Approach

- Personal action plan and daily clarity habits





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COURSE CONTENT

DAY 1: MASTERING INNER CONTROL & MENTAL AWARENESS

Session 1: Understanding Pressure & the Mind

Focus: Awareness and self-recognition

- Internal vs external pressure
- Impact of pressure on the brain (fight, flight, freeze)
- Common thinking errors under stress
- Self-assessment of personal pressure response

Activity: Pressure trigger mapping

Outcome: Participants understand why clarity is lost under pressure

Session 2: Emotional Regulation Under Stress

Focus: Managing emotions before managing decisions

- Emotions vs logic under pressure
- Emotional hijack moments
- The pause principle for impulse control
- Grounding, breathing, and emotional labeling techniques

Activity: Guided stress scenario with regulation practice

Outcome: Participants learn techniques to calm themselves quickly



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COURSE CONTENT

DAY 1: MASTERING INNER CONTROL & MENTAL AWARENESS

Session 3: Clearing Mental Noise

Focus: Focus, attention, and mental decluttering

- Mental overload and decision fatigue
- Negative self-talk and internal dialogue
- Shifting from chaos to clarity
- Brain dump, focus funnel, and priority filtering tools

Activity: “Noise to clarity” worksheet exercise

Outcome: Participants experience mental clarity in complex situations

Session 4: Building a Calm Thinking State

Focus: Stability before strategy

- The Clarity Pyramid: Calm → Clarity → Choice
- Personal calm anchors
- Micro-recovery techniques during the workday

Activity: Personal pressure profile and calm plan

Outcome: Participants develop a personalised calm strategy



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DAY 2: STRUCTURED THINKING & DECISION-MAKING UNDER PRESSURE

Session 5: Thinking Frameworks for High-Pressure Situations

Focus: Structure replaces panic

- Why structure reduces stress
- Stop–Think–Choose
- What–So What–Now What
- The 3-Option Rule

Activity: Applying frameworks to real-life scenarios

Outcome: Participants think logically under time pressure

Session 6: Decision-Making Without Overthinking

Focus: Speed with clarity

- Overthinking vs clear thinking
- Separating facts, assumptions, and fears
- Risk assessment under pressure
- Making “good enough” decisions confidently

Activity: Timed decision-making simulation

Outcome: Faster, calmer decision-making



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DAY 2: STRUCTURED THINKING & DECISION-MAKING UNDER PRESSURE

Session 7: Handling People & Communication Under Pressure

Focus: Clarity in interaction

- Communicating clearly under emotional tension
- Listening under stress
- Assertiveness without aggression
- Managing conflict calmly

Activity: Role play – difficult conversations

Outcome: Confident and composed communication in tense situations

Session 8: Integrating Clarity into Daily Life

Focus: Sustainability and action

- Pressure-proof mindset
- Daily clarity habits
- High-pressure moments checklist
- Personal action plan development

Closing Activity: Commitment declaration and reflection

Outcome: Immediate and sustainable workplace application



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Trainer Portfolio: Ms Jegathiswari Seetha Raman (Arularase Baskar) **HRDC Accredited Trainer | NLP Practitioner | Life & Mindset Coach |** **Emotional Intelligence Specialist**

Jegathiswari Seetha Raman is an award-winning professional trainer with over 20 years of experience in corporate training, coaching, and personal development, renowned for her energetic facilitation style and ability to spark deep, lasting transformation. Armed with multiple certifications—including Master NLP Practitioner, Master Emotional Intelligence, Life Purpose Coach, and NLP in Sales & Persuasion—she has empowered thousands to elevate their communication, strengthen emotional resilience, and unlock high-performance mindsets. Her diverse career spans sales leadership, digital marketing, HRDC and Penjana programmes, and specialised coaching for both working professionals and retrenched individuals, giving her a unique blend of behavioural expertise and real-world business insight. A recipient of major industry accolades such as the National Education & Training Excellence Award and the Asia Lifetime Achievement Award in Learning & Development, as well as the author of *The Power of Purpose*, Jegathiswari delivers training rooted in authenticity, empathy, and purpose—helping individuals and organisations transform potential into meaningful, measurable results.

Areas of Expertise

- NLP & Emotional Intelligence
- Communication Mastery
- Leadership & Team Motivation
- Sales Psychology & Humanised Sales
- Mindset & Personal Transformation
- High Emotional Intelligence
- Goal Setting & Purpose-Driven Performance
- Coaching for Behavioural Change

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