

## How to perform under pressure

**A moderate amount of pressure can boost performance.**

With less predictability in a squiggly world of work, pressure can't be avoided. Instead we need to develop our ability to work with it and not against it.

Anticipating your pressure tipping point can help you move from *coping* to *performing* under pressure.

*"Successful people don't thrive under pressure, they just don't let pressure impact their performance. They refuse to be overwhelmed by it. They succeed not because of pressure but despite it."*

[Techtello article, 'Performing under pressure'](#)

### Pre-empt your pressure points

<b>People</b> (senior or groups)	<b>Deadlines</b> (difficult dates)
<b>Details</b> (need to know-it)	<b>Problems</b> (in the moment)

### Coach yourself questions

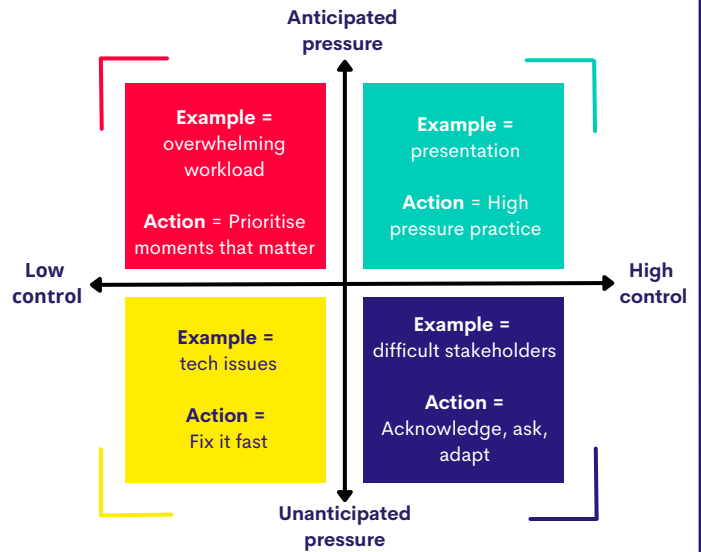
How do you respond under pressure?

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What pressure points can you better anticipate?

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### Pressure matrix



### Ideas for action



**1. If you anticipate pressure and have high control...do high-pressure practice.**

Look ahead, anticipate, and run through your high-pressure moment. Get feedback on your practice run. *Ask yourself; What does a positive outcome look like?*

**2. If you anticipate pressure and have low control...prioritise the moments that matter.**

Making conscious choices about the moments that actually matter the most helps you regain momentum. *Ask yourself; Which moments can be good enough?*

**3. If you have unanticipated pressure and high control...acknowledge, ask, adapt.**

Acknowledge the challenge, ask for support, and then adapt confidently to avoid becoming combative. *Ask yourself; Whose input would I trust in a tricky situation?*

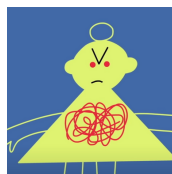
**4. If you have unanticipated pressure and low control...fix it fast.**

Fast fixes are quick actions that help you to regain a sense of control and confidence. *Ask yourself; when did I last fix it fast?*

### Recommended resources



**How to deal with high pressure situations at work**  
Harvard Business Review Article by [Tomas Chamorro-Premuzic](#)



**TED-ED illustrated summary** of *How to stay calm under pressure* lesson by [Noa Kageyama](#) and [Pen-Pen Chen](#)



**Squiggly Sprint: Boost your self-belief**  
A short episode that shares ideas and resources on how to move from limiting to limitless beliefs.