



**BILL BENJAMIN**

# PERFORMING UNDER PRESSURE: THE SCIENCE OF EMOTIONAL INTELLIGENCE

OCTOBER 27, 2022 | 9:00 A.M. – 4:00 P.M

Why do smart people fail? Why do technically brilliant individuals have trouble managing others and collaborating on a team? What they lack is a critical level of Emotional Intelligence (EI) and the ability to manage theirs and others emotions when they are under pressure.

Leadership is not easy, especially under pressure. Neither is performance. Usual tasks, conversations, and decisions that seem straightforward suddenly become difficult when pressure increases. Pressure changes how your brain functions; it changes attention, memory, decision-making, and your ability to think.

The best performers manage stressful situations effectively. This all starts by understanding the science behind how pressure impacts the brain and then using this insight to better manage through the situations more effectively.

Whether you are a leader or want to increase your individual performance (or both), this program will teach you the foundational principles and brain science of Emotional Intelligence (EI). Focusing on managing your emotions under pressure, this program will enable you to increase your personal leadership by learning how to manage your emotional brain in your most difficult moments. This will then allow you to influence and engage others and connect with them in a more meaningful way.

## This program will help leaders:

- Understand the brain science of emotions that drives your behavior under pressure.
- Identify patterns, triggers, and emotional habits that either drive or derail your performance.
- Learn practical strategies to help you respond skillfully as pressure and complexity increase.

**Competencies Addressed: Communicates Effectively, Demonstrates Self-Awareness, Drives Results, Manages Conflict, Situational Adaptability**

## BILL BENJAMIN

Bill Benjamin is a Partner with the Institute for Health and Human Performance (IHHP). IHHP has been at the forefront of teaching the essential skills of Emotional Intelligence for twenty years. Leading organizations such as Intel, Goldman Sachs, Pfizer, Allstate, Federal Reserve Bank, and the Marines to help them improve performance and leadership. Bill has over 30 years of business experience which means he understands the challenges that organizations face. His degrees in mathematics and computer science lead him to take a practical and scientific approach to helping people understand how the brain responds under pressure, and to leverage that to increase leadership and performance.



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