

SKILES GROUP

CALM IS CONTAGIOUS

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CONSTRUCTOR



AGC
THE CONSTRUCTION
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**Under pressure, some teams
tighten up and perform.**

Others fall apart and fold.



**The difference is how
leadership responds when
uncertainty shows up.**

**In those moments, calm—or the
lack of it—spreads quickly and
shapes what happens next.**



**When things get tense,
teams don't follow plans...**



**...they follow
people, and mirror
their leaders.**

**Calm isn't a personality
trait. It's a set of
disciplines leaders
can practice.**

**Here's what that
looks like when
pressure hits.**



**1 PAUSE
BEFORE
YOU SPEAK**



**The fastest way
to overreact is to
talk immediately.**



2

**SEPARATE
URGENCY
FROM PRIORITY**

**Pressure makes
everything feel
important.**



3

**NAME FACTS
BEFORE
FEELINGS**

**Overreaction
often starts with
interpretation.**



4

CONTROL TONE BEFORE CONTENT

Under pressure, how
you speak matters more
than what you say.



LOW

MID

HIGH

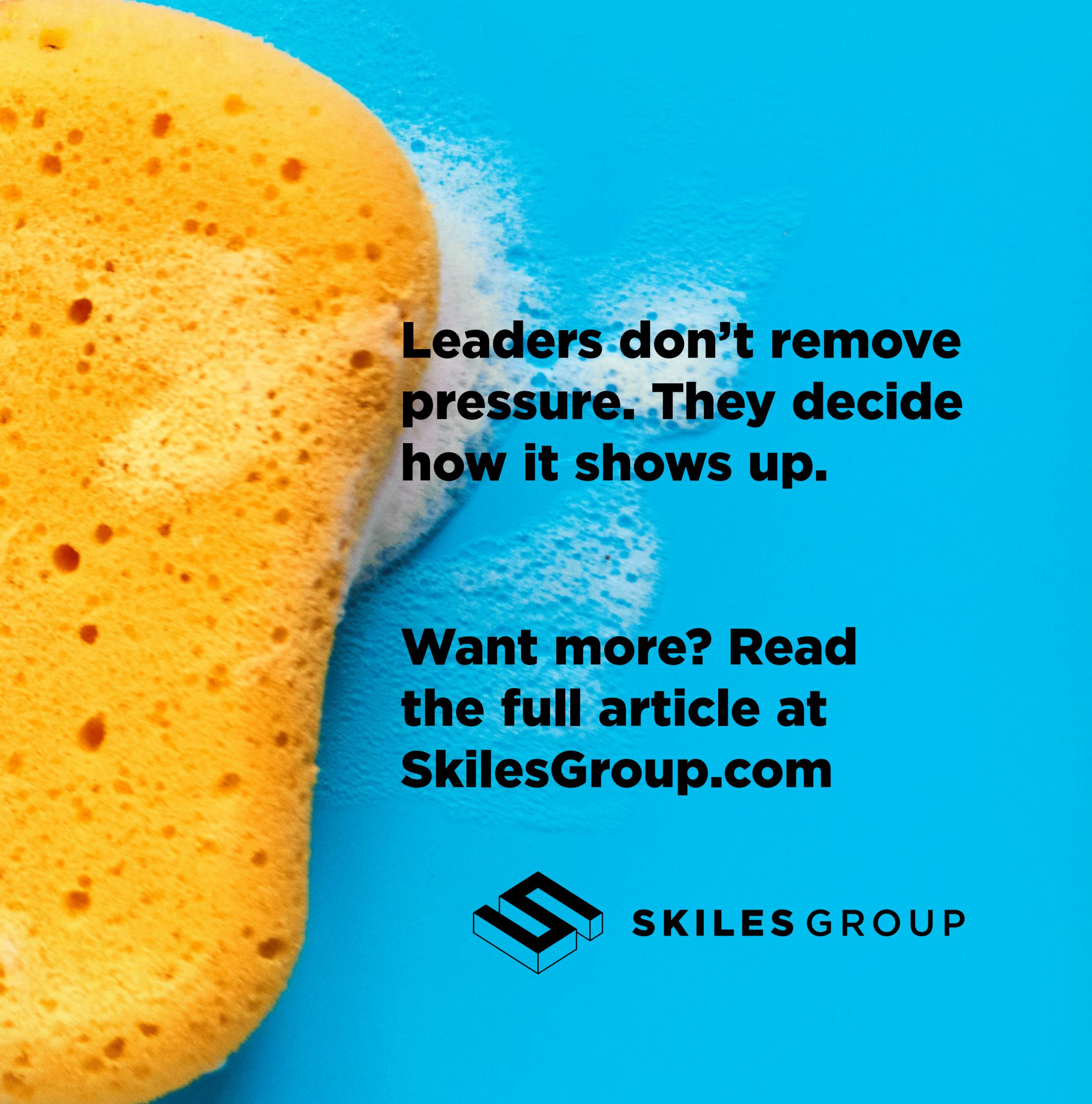


A large, bold black number '5' is positioned on the left side of the image. The background is a vibrant blue with a subtle, textured pattern. On the right side, there is a close-up of a yellow sponge with a porous texture. The overall composition is clean and modern.

5

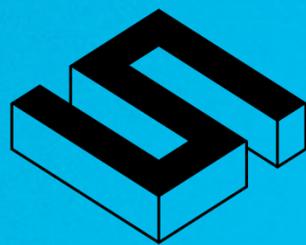
RESIST TRANSFERRING STRESS

**Calm leaders absorb
pressure long enough to
prevent it from spreading
unchecked to the team.**



**Leaders don't remove
pressure. They decide
how it shows up.**

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the full article at
[SkilesGroup.com](https://www.skilesgroup.com)**



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