

March – Decision-making under pressure: Cognitive agility for leaders

Thursday 12th March 2026

2:00–3:00 pm UK Time | 9:00–10:00 am US Eastern

Introduction

In high-pressure environments, leaders are often called upon to make rapid decisions, often when the outcomes are unknown and the stakes are high. Yet under pressure, the brain and body's natural stress response can work against clarity, narrowing our perspective, driving reactive behaviour, and amplifying self-criticism. These patterns don't just affect the individual leader, they ripple outward, shaping the quality of decisions, and impacting stakeholder relationships. Decision making under pressure is not just about being effective at speed; it's about presence, clarity, and the ability to align choices with strategy, vision and values.

What it is

Cognitive agility is the capacity to remain flexible, grounded, and resourceful when pressure is high. This webinar will draw on insights from neuroscience, mindfulness, and leadership coaching to help leaders expand their awareness in order to make better decisions. By noticing their physical responses, anchoring in personal values, and practising self-compassion, leaders can interrupt reactive patterns and create space for better choices. With practical frameworks and embodied tools, this session will give senior leaders insights, tools and a space to explore their own wisdom.



Lisa

Lisa is an experienced master certified executive coach who works with senior leaders across FTSE 100 companies, global agencies, and private boards. With over 20 years in communications before retraining as a coach, she understands the complexity of leading in fast-paced, high-pressure environments. Her straight-talking yet compassionate style helps leaders bring sharper focus to priorities, harness strengths, and anchor in their values when pressure is high. Drawing on neuroscience, mindfulness, and somatic practices, she enables leaders to manage stress, recover from setbacks, and stay resourceful under pressure.

The benefits

- Helps leaders stay anchored in their values, providing clarity in moments of complexity and competing demands
- Builds awareness of physical stress signals, allowing leaders to reset before reactivity takes over
- Strengthens decision quality by weaving in self-compassion, reducing harsh self-criticism that can cloud judgement

Key outcomes

1. Understand how pressure impacts the brain, body, and decision-making capacity.
2. Learn how values, physical awareness, and self-compassion can act as an anchor in times of stress
3. Gain simple frameworks to make clear, confident decisions in high-pressure situations.