

Central Nervous System and Therapeutics

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The state of Stress in today's leadership world

Asha Mankowska

Business Accelerated now, USA

Motivation: Stress has become a major predicament in business and leaders are increasingly susceptible to it. Stress has been implicated as an important determinant of leadership functioning. Their stress is proven to impact their followers (companies, countries, team members) and if not prevented or managed properly, it can result in anxiety, depression, and as a direct consequence: burnout, or worse. CEOs and management face many challenges, and critical failures and overwhelming odds can easily break anyone down and make them lose sight of their goals. They have to have the skills to overcome stressful situations and demonstrate conduct that will make a business, an organization or country, productive and profitable.

The Problem: A leader's stress level will influence his or her

behavior and that can impact the stress levels and potential for burnout in subordinates. A lack of resources and time are the most stressful demands experienced by leaders. Stress is caused by trying to do more with less, and to do it faster. For 88% of leaders, work is a primary source of stress in their lives and having a leadership role increases the level of stress. Unfortunately, very few (only 28%) companies provide tools to help management deal with stress more effectively.

Methodology: Study & Results: During the many years, I have worked with business leaders, I have come to recognize the 7 most common stressor determinants and I have developed methodology to conquer them.

e: asha_mankowska@yahoo.com



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