Project Pressure Management Exercise

So, here's a little exercise to help you reflect on how you've managed high-pressure projects in the past:

1. Think about a tough project you worked on. What was the task, and why was it so stressful?

2. What management techniques did you use? Did they help ease the team's stress and move the project forward?

3. If you were in charge, what other methods from this advice would you have tried?

4. After the project was done, did the team get time to unwind? What activities helped?

5. How will you make sure your team gets to celebrate and recover after future high-stress projects?