

# Jim Steele

## KEYNOTE OVERVIEW

## Resilient By Design

### Mastering Pressure, Maximising Impact

Pressure is no longer episodic, it's constant. This keynote equips leaders to build teams that perform at a high level without burning out. Leaders learn how to create psychological safety, maintain energy, and help teams recover quickly so performance is sustained, not just spiked. Sustained pressure is now a defining feature of modern work. This keynote explores how leaders can build teams that perform at their best without burning out. Jim Steele shares practical insights into resilience, recovery, and high-performance habits that enable teams to stay focused, energised, and effective when the stakes are high. Leaders learn how their behaviour shapes team resilience, how to create psychological safety without lowering standards, and how to maintain performance over the long term. The session reframes resilience not as toughness, but as the ability to adapt, absorb pressure, recover quickly, and consistently deliver impact.

#### Value proposition

A performance-focused keynote that equips leaders and teams to perform at their best under pressure, without burnout, disengagement, or diminishing returns.

#### The problem it addresses

High expectations, constant demand, and sustained pressure are now the norm. Without the right habits and leadership systems, teams burn bright and fade fast, impacting wellbeing, engagement, and results.

#### What this session delivers

Leaders learn how to build resilient, high-performing teams that stay focused, energised, and effective when the stakes are high.

#### Three key takeaways

- How to maintain performance under pressure
- The habits and behaviours that enable teams to recover fast and stay effective
- How leaders create psychological safety while still driving results

#### Ideal audience

- Leadership teams and people managers
- High-pressure, high-performance environments
- Organisations focused on sustainable performance, not short-term spikes

