

PRESSURE RESPONSE STYLES



The Stoic

Knows true north.
Stays steady.

YOUR SHADOW:

Disconnection → Rigidity



WHEN PRESSURE RISES, YOU TEND TO...

Pause and center yourself. You don't react — you respond with intention. You rely on your inner compass and stay focused on what matters most. You bring calm to uncertainty and help others steady themselves.



WHAT THIS GIVES YOUR TEAM

Stability, trust and a steady presence in chaotic times. You help the team stay grounded and make sound decisions. Your calm under pressure builds confidence and creates a sense of safety.



THE RISK WHEN THIS STYLE DOMINATES

You may withdraw or hold back when engagement is needed. Your high standards can become inflexible. The team may feel distanced or struggle to connect emotionally. This can limit collaboration and innovation.



YOUR BLIND SPOT

You may not see how your detachment affects others. You believe staying neutral is best, but people may need more connection and reassurance. You can shut down instead of opening up.



WHAT SHIFTS WHEN YOU'RE AT YOUR BEST

You stay grounded and open. You combine wisdom with empathy. You hold strong standards with compassion. You help the team face challenges with calm, clarity and connection.