

Mindset Over Mayhem: Decision Making Under Pressure

SB
STUART BARKER
— SPEAKER —
LESSONS FROM THE BATTLEFIELD



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'Making Events Buzz'



**Maximising Productivity -
Prioritising & Saying No Without Conflict**

This is a rare opportunity to learn decision making from someone who has lived it at the highest level - where every choice has real-world consequences, and where exceptional leadership can change the course of events.

Mindset Over Mayhem

The Masterclass for

Decision Making Under Pressure

Maximising Productivity

Prioritising and Saying No Without Conflict

This isn't just about how to overcome being too "busy": it's designed to help you to overcome the friction created by constant context-switching, competing priorities, and the difficulty of pushing back when everything feels urgent.

In environments like IT delivery and BAU support - friction slows decision tempo, drains cognitive bandwidth and makes even capable teams feel reactive.

This masterclass focuses on reducing that friction providing teams and individuals with a practical system for:

- **Prioritising with clarity when everything competes**
- **Managing cognitive load under pressure**
- **Switching between tasks without losing momentum**
- **Creating boundaries and saying "no" without conflict**
- **Making faster, cleaner decisions in high-volume environments.**

This a highly interactive session which is hands-on, scenario-based - Using Body Cam footage from an actual case study where Stuart was leading a team on military duties in Afghanistan.

The masterclass is purposefully designed so that people leave with tools they can implement immediately.

Stuart leaves no stone unturned in his preparation and will fine tune his detail to ensure that this is relevant to every group that he works with.

Challenge everything you think you know about making decisions under pressure.

In this next-level masterclass, Stuart Barker takes you inside the world of international security, espionage, special operations and military leadership to reveal the mindset, frameworks and decision-making processes used when the stakes are at their highest.

This isn't a lecture - it's a fully immersive, highly interactive experience that places you at the centre of a real-world, high-risk operation. Through a live case study based on Stuart's leadership of an internationally significant operation in Afghanistan, you'll experience the pressures, dilemmas and critical decisions that shaped a mission which became headline news across the world's media.

Using authentic bodycam footage, operational photographs, video content and media broadcasts from the time, Stuart recreates the environment in which split-second decisions carried strategic, operational and human consequences. As the story unfolds, you'll be challenged to make the same decisions he faced while navigating rapidly changing circumstances and escalating risk.

Throughout the masterclass, Stuart introduces powerful decision-making models, practical tools and proven techniques that enhance clarity, judgement and performance under pressure. Rather than simply learning theory, you'll actively apply these frameworks as the case study develops, gaining first-hand insight into how exceptional decisions are made when there is no room for error.

While the context is one of international military operations, the lessons are immediately transferable to today's business environment. Whether you're leading people, managing competing priorities or operating in fast-paced, high-volume environments, you'll discover how elite decision-makers prioritise with clarity when everything feels urgent, manage cognitive load without becoming overwhelmed, switch seamlessly between competing demands without losing momentum, establish clear boundaries and say "no" without creating conflict, and make faster, cleaner decisions with greater confidence and consistency.

Drawing on decades of experience operating at the highest levels of international security and leadership, Stuart reveals how exceptional leaders manage uncertainty, assess risk, maintain composure and inspire confidence when others are looking for direction.



OUTCOMES

By the end of the session, you will have transformed the way you think about decision making. You'll leave with practical models, proven frameworks and immediately applicable techniques that will improve your ability to perform under pressure, lead with confidence and make better decisions when the consequences matter most.

This masterclass will equip you to:

Make better decisions under pressure with greater speed and confidence.

Prioritise effectively when everything appears urgent.

Manage cognitive load and maintain clarity in demanding environments.

Switch between competing priorities without sacrificing performance.

Create healthy boundaries and say "no" without damaging relationships.

Apply proven decision-making frameworks used in elite military and security operations.

Navigate uncertainty, complexity and rapidly changing situations with confidence.

Lead others more effectively through challenge, change and crisis

STUART BARKER

Stuart graduated from the University of Oxford and attended the Royal Military Academy Sandhurst where he was commissioned as an Infantry Officer. During a thirty-year career he worked within the military and intelligence sectors delivering operational outcomes in senior leadership roles.

As a soldier, Stuart has commanded soldiers on operations across the world. Operational service during

The Gulf War and in Afghanistan developed his leadership and experience in delivering outcomes in high-intensity environments. As a trained mentor, he frequently worked overseas where he led teams that mentored and deployed alongside allied partners on operations. Within the intelligence community Stuart worked primarily within the covert operations arena where he has planned and commanded high-risk covert missions across the globe.

Having retired from public service Stuart now works as a director of a logistics company where he is responsible for all operational activities. He is also the founder and Director of Dark Blue Consultancy Limited which specialises in providing leadership training to senior managers working in the intelligence and security sectors.

