COURSE SYLLABUS

Focused Under Pressure: Making Better Decisions Course (Self-Paced)

What if you could do your job with the laser focus, precision, and decisiveness of a Navy SEAL? Learn Brandon Webb's system for staying composed and making better decisions under pressure.

Group classes (Live Online) and onsite training are available for this course. For more information, email onsite@graduateschool.edu or visit: https://www.graduateschool.edu/courses/focused-under-pressure



support@graduateschool.edu •
(888) 744-4723

Course Outline

Module 1: Class Introduction

- Course overview and what to expect
- Meet Brandon Webb: former Navy SEAL, entrepreneur, and author
- How high-pressure decision-making skills apply beyond combat

Module 2: Focus

- Identifying and eliminating distractions that derail your goals
- Techniques for maintaining laser focus under pressure
- Prioritizing what matters most in the moment

Module 3: Awareness

- Building situational awareness to spot opportunities and risks
- Reading your environment before making critical decisions
- Staying present and alert amid chaos

Module 4: Personal Growth

- Building self-esteem and eliminating self-doubt
- Turning setbacks into growth opportunities
- Developing a mindset for continuous improvement

Module 5: Action

- Pursuing the right opportunity and following through to completion
- Building an action plan to achieve your objectives
- Moving forward decisively instead of waiting for perfect conditions

Module 6: Excellence

- Overcoming hesitancy and indecisiveness

- Committing to an imperfect plan and adjusting as you go
- Raising your personal standard of performance

Module 7: Adversity

- Persevering through difficult conditions
- Refusing to quit when circumstances get hard
- Reframing unexpected challenges as opportunities for your best work

Module 8: Teamwork

- Making better decisions as part of a team under pressure
- Communicating clearly when stakes are high
- Trusting and supporting teammates during high-pressure moments

Module 9: Leading From the Front

- Leading by example in high-pressure situations
- Earning trust through decisive, composed leadership
- Taking ownership of outcomes, good or bad

Module 10: Personal Vision Statement & Goal Setting

- Crafting a personal vision statement
- Setting concrete, actionable goals
- Applying total-focus principles to your career and life