

Maintaining Performance under Pressure

We face challenges every day, and pressure is often a natural part of our journey. While it can sometimes propel us forward, at other times, it can feel like an obstacle. This training offers actionable concepts and tools to help you develop the right mindset in high-pressure situations. Gain practical strategies to navigate stress effectively and perform at your best, starting today.

On completion of this training, you'll walk away with:

- Insight into three key performance-influencing factors.
- Appreciation for the significance of mindset in handling pressure.
- Effective techniques to enhance focus and emotional regulation.
- A visual guide for recognizing, accepting, and managing emotions.
- Opportunities for practical application and self-reflection.

This seminar is for you if:

- You want to improve your emotional management under pressure to enhance productivity
- You are looking for practical tools and techniques for shifting mindset effectively.



PwC's Academy Cyprus

Date and time

8 October 2024

9:30 - 12:30
(3 CPD units)

Location

PwC Central, Business Suites, Nicosia

Facilitators

Athina Papadopoulou
Senior Manager, Tax Reporting & Strategy,
PwC

Fee

€100 (+VAT)

Registration

Follow [this link](#) to register

Athina Papadopoulou

Senior Manager , Tax Reporting & Strategy, PwC



Athina is a senior manager in PwC with 19 years of experience in the profession. She is a CPA of New York. She started her career in accounting and corporate compliance and corporate administration and enhanced her skills and knowledge further by joining the Private Wealth Services team handling the project management of acquisition of investments and migration of international Groups in Cyprus. She currently serves as a the lead project manager for the Tax Digital Pursuit team in PwC US, responsible for strategy and planning, managing all administrative, financial and operational activities of the team.

Over the years she has developed diversified experience and variety of skills and knowledge which she leverages to train, coach and mentor others.

Her biggest accomplishment is becoming a mother of two boys. She is also a triathlon athlete and her life philosophy is very much based on the basic principles of athleticism.