

NEW



SAICE Academy Mastering Soft Skills as an Engineering Professional – Stress Responses that are Killing Your Credibility

0,1 CPD POINTS

SAICEEL25/04182/28

SAICE is an ECSA Approved CPD Service Provider



Stress Responses That Are Killing Your Credibility

Presented By: SAICE Volunteers

Fully On-Line

Your Stress Response is Your Career's Biggest Threat

In high-stakes engineering projects, stress is inevitable. But how you respond to that stress determines your professional reputation. Your credibility—your currency in the South African business environment—is constantly being eroded by unconscious, primitive stress responses.

This course ***"Mastering Soft Skills for Engineering Professionals: Stress Responses that are Killing Your Credibility,"*** is your guide to identifying and eliminating the 15 credibility-killing habits that are costing you influence, promotion opportunities, and client trust.

The Credibility Killers You MUST Stop.

This course provides a detailed breakdown of the most common stress-induced behaviors that undermine your authority. You will learn to replace these reactive habits with intentional, professional responses:

Communication & Trust

- **Empty Promises:** Stop making commitments you can't keep to ease tension. Learn to set realistic timelines and build sustainable trust.
- **Over-Apologising:** Stop undermining your authority. Replace "Sorry for the delay" with "Thank you for your patience."



SCAN TO PURCHASE
BOOKS

- **Email Overreaction:** Stop sending reactive emails. Implement the **10-Minute Rule** to prevent career-damaging emotional responses.
- **Speaking in Absolutes:** Stop using “always” and “never.” Use specific, factual observations to maintain credibility.

Presence & Professionalism

- **Interrupting Mid-Sentence:** Learn the Count to 2 Rule to ensure you listen and respond thoughtfully.
- **Device Distraction:** Stop checking your phone during conversations. Each interruption costs 23 minutes of focused attention.
- **Late-Night Email Habits:** Stop revealing poor boundaries. Learn to draft now and schedule for the morning.
- **Nervous Laughter:** Eliminate the habit of trivializing serious points with nervous laughter, especially during high-stakes discussions.

Self-Management & Leadership

- **Speed-Talking:** Consciously slow down when challenged. Rapid speech reduces comprehension and perceived expertise.
- **Reflexive Agreement:** Stop overcommitting. Default to a deliberate pause: “Let me think about that and get back to you.”
- **Visible Reactions to Criticism:** Use the Notebook Technique to create a 5-second buffer and prevent emotional responses.

Your R.E.S.E.T Framework:

This course introduces the **R.E.S.E.T. Method** for stress management, a practical tool to shift from primitive reaction to logical response.

Recognize your triggers. **Extend** your time buffer. **Stabilize** with breathing. **Engage** your analytical mind. **Take** action based on long-term credibility.

Invest in Your Future

Enrol today and master the emotional intelligence required to lead with unwavering credibility.

- No need to take any time off work
- No travel and or accommodation costs
- No lost productivity costs