

## Pressure-Proof Team Performance | Training Teams for Real Conditions

### Sarah Line

Sarah Line is the founder of Boredroom Breakouts, where organizations stop losing talent to teams not trained for pressure. She challenges the assumption that talent alone drives results, revealing that performance is won or lost at the team level. In high-pressure environments, collective capability is what determines sustainable outcomes.



Through playful, neuroscience-informed challenges, Sarah helps teams identify the protective patterns that emerge under pressure and shape dynamics, then train the capacity to think, decide, and operate together under real conditions. This training expands collective capability, enabling teams to distribute ownership, navigate uncertainty, and sustain performance when it matters most.

### The Performance Trap

#### Why High Performers Burn Out and Teams Under-Deliver

Most organizations are built for stability, not sustained pressure. Under today's pace and uncertainty, contribution contracts and responsibility defaults to the same few—mistaking bursts of heroics for sustainable performance. Your talent isn't missing. It's trapped in systems designed for stability, not sustained pressure.

### Repair Through Rupture

#### How Strong Teams Repair Through Rupture to Build Stronger Teams

When conflict surfaces and alignment wavers, many teams interpret these moments as failure and withdraw. Rupture is often treated as a threat to performance rather than part of the process. It feels destabilizing, but avoiding it limits growth. When repaired well, rupture strengthens trust and reinforces performance under pressure.

### Taking Back Teams

#### Reclaiming Connection, Collaboration & Collective Power

Many teams mistake smooth interaction for performance. When candor drops and friction is avoided, coordination weakens, work silos, and innovation stalls, draining collective talent and energy. Teams built for real conditions create space for productive tension, turning friction into strategy and difference into collective power.

### Navigating Uncertainty

#### Why Even Strong Teams Stall Under Pressure

Uncertainty doesn't just change strategy; it changes how teams define competence. As conditions shift, decisions are delayed, control tightens, and over-planning replaces movement to protect credibility. It feels responsible, but it reduces effectiveness and costs opportunity. Uncertainty does not shrink strong teams. It invites them to expand capacity and adapt in motion together.