



LCG OPEN COACHING PRESENTS

CALM IN THE CHAOS

5 Science-Based Strategies to
Stress Less & Lead Better

MAY 2ND, 2025

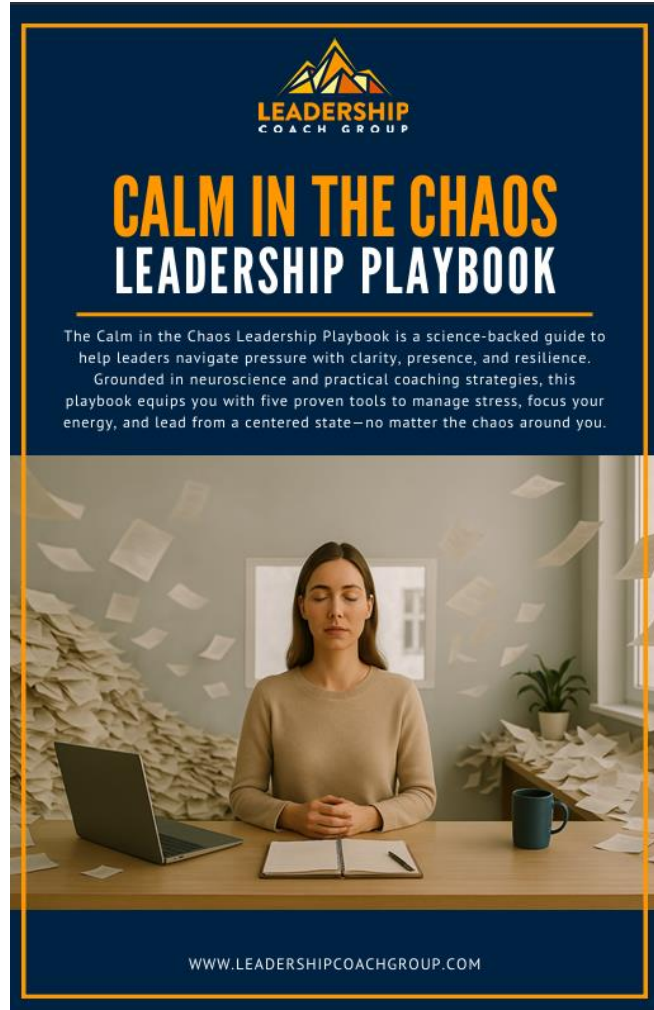


Geraldine "Jerry" Anathan
Peak Performance Coach,
Harvard Masters in Psychology



- **Rotating Hosts & Themes:** Every month (1st Friday at Noon EST) features expert coaches discussing topics aligned with leadership excellence and the core values of the Leadership Coach Group.
- **Actionable Insights:** Leave every session with fresh perspectives and a deeper understanding of your leadership journey.
- **Step-by-step “Playbook:”** Receive a practical guide filled with reflective prompts, actionable steps, and strategies.
- **Live Open Coaching:** Each session invites volunteers from the audience to share real questions and challenges, creating a personalized and dynamic learning environment.

PLAYBOOK



✓ 5 Science-Based Strategies to Stress Less & Lead Better

1. Name it to Tame it
2. Shrink the Cognitive Load
3. Create Micro-Recoveries
4. Anchor Yourself
5. Lead from Your Inner Calm

✓ Practical Tools and Techniques

✓ Engaging Reflection Questions

✓ Hands-On Activities to Apply these Strategies

| Our Services



One-on-One Coaching

What does your style of top-notch leadership look like? We're here to unlock your unique potential, refresh your self-awareness, and create plans to make your goals into realities.

Confidential, experienced, and supportive, our coaches will guide you through leadership challenges while freeing you to fulfill your potential.

Level up with us!



Team Effectiveness

Galvanize your team and equip them to achieve their goals with our team coaching, team psychological safety assessments, and inspirational speaking.

These services target powerful points for growth and will send your team into the future with greater confidence, skill, and cohesion. Learn more about our transformational sessions today.



Leader Assessments

Using the industry's leading diagnostic tools, we provide essential insights and individually empower leaders to thrive. Our array of assessments includes High 5 Strengths Finders Test, DISC, the Myers-Briggs Type Indicator®, the Enneagram of Personality, and 360-degree leadership assessments. Explore your potential with us today.

| Our Coaches Have Served Leaders at*:



ORACLE®



webflow



SONY



UCSF Health

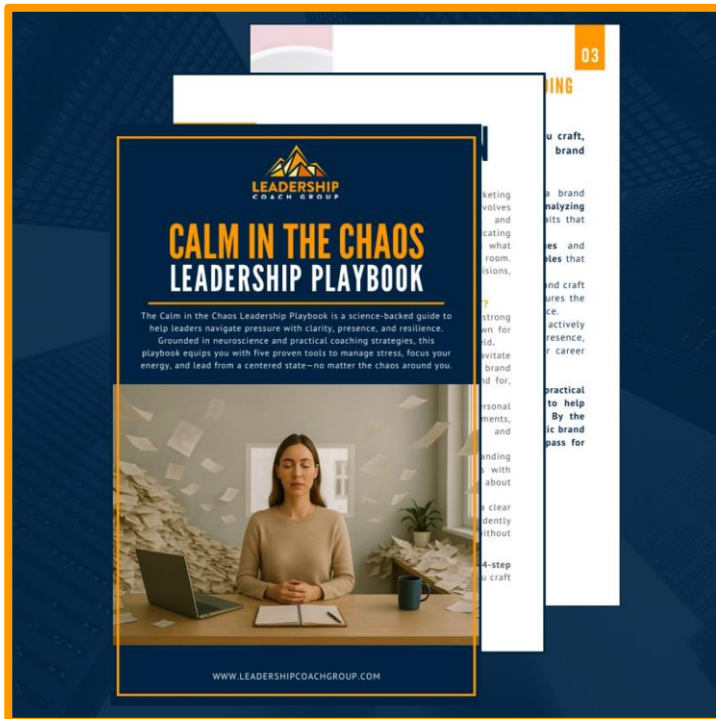
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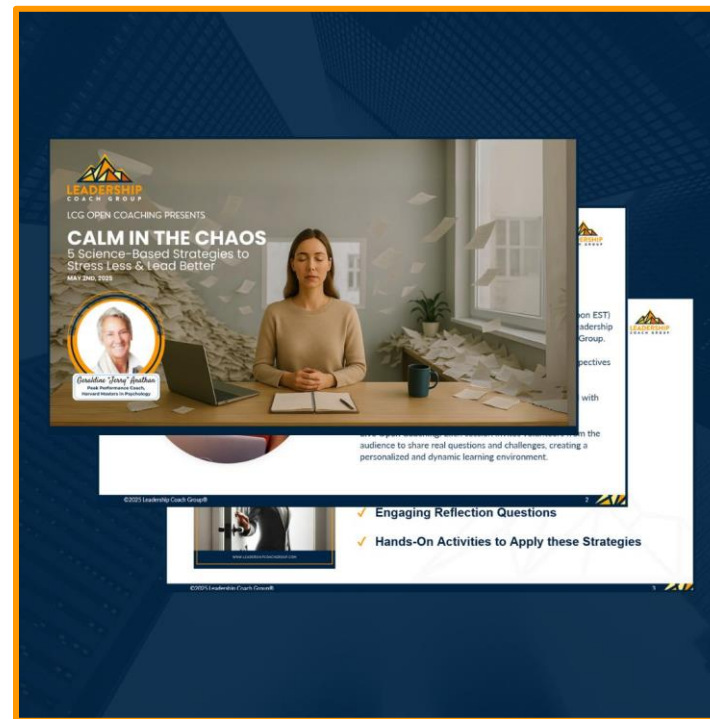
*The company logos represent the companies our coaching clients were employed by during the time of their coaching by members of the Leadership Coach Group. Some of these clients paid privately for their coaching, others' coaching programs were sponsored by their companies. It is a partial list of clients and affiliates our coaches have worked with over the duration of their careers.

Follow Up Email

Calm in the Chaos Leadership Playbook



Slide Deck



Complimentary Coaching Session





Geraldine "Jerry" Anathan

**Peak Performance Coach,
Harvard Masters in Psychology**

Profile link:

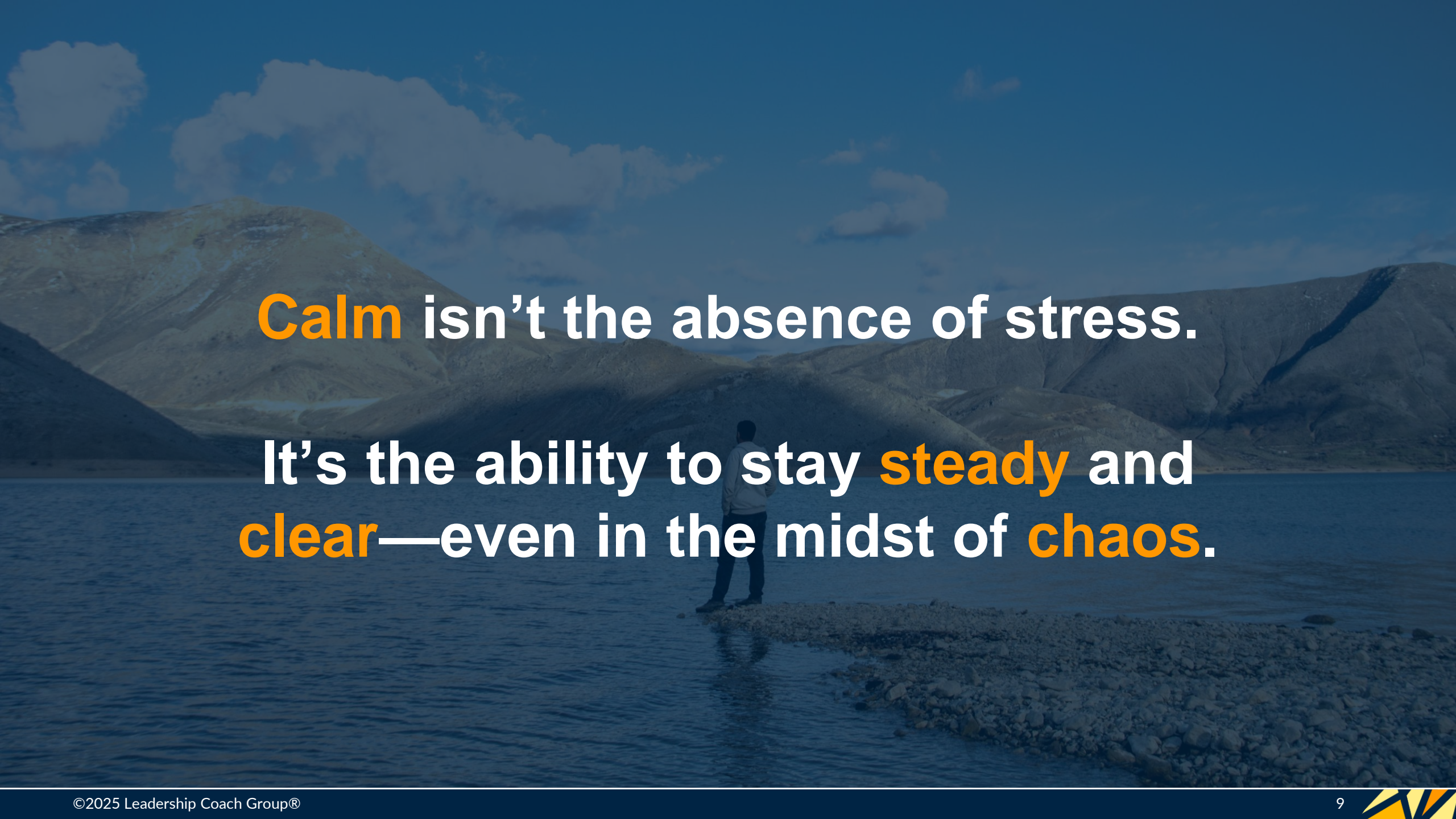
www.leadershipcoachgroup.com/geraldine-jerry-anathan

| Geraldine "Jerry" Anathan

- Executive and peak performance coach with over a decade of experience
- Masters in Psychology from Harvard, focused on Organizational Behavior
- Certified in Positive Intelligence, Psychological Safety, High Flow State Optimization
- Specializes in science-backed strategies for resilience, engagement, and overall wellbeing.



Let's get present!

A person stands on a rocky shore, looking out at a calm lake. In the background, there are mountains under a blue sky with some clouds. The text is overlaid on the image.

Calm isn't the absence of stress.
It's the ability to stay **steady** and
clear—even in the midst of **chaos**.





The Leadership Challenges Today

- Constant **change** and **uncertainty**
- **Overwhelm** and **reactivity**
- **Pressure** to be the steady one for others

What challenges might you be facing?

What You'll Walk Away With

5 science-based strategies to:

- Quiet mental clutter
- Regain clarity under pressure
- Support your team with calm, confident leadership

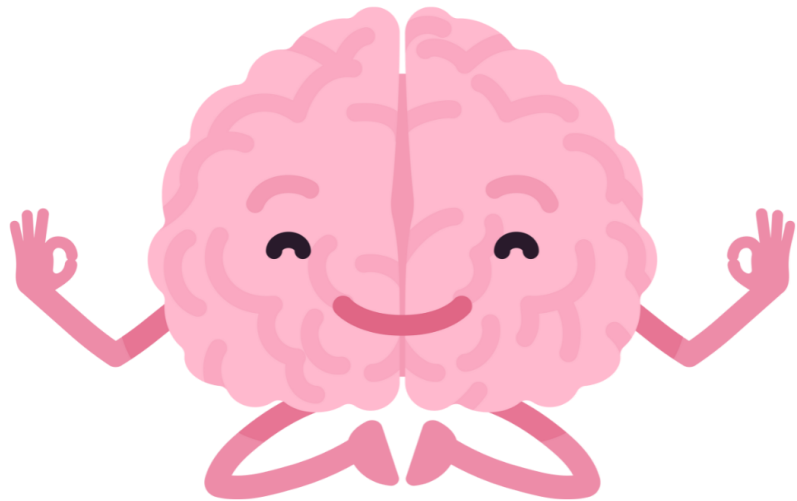


Strategy 1 – Name It to Tame It



- Labeling your **emotions** or **feelings** reduces amygdala activity
- **Awareness** breaks the cycle
- Ask: *“What’s the story I’m telling myself right now?”*

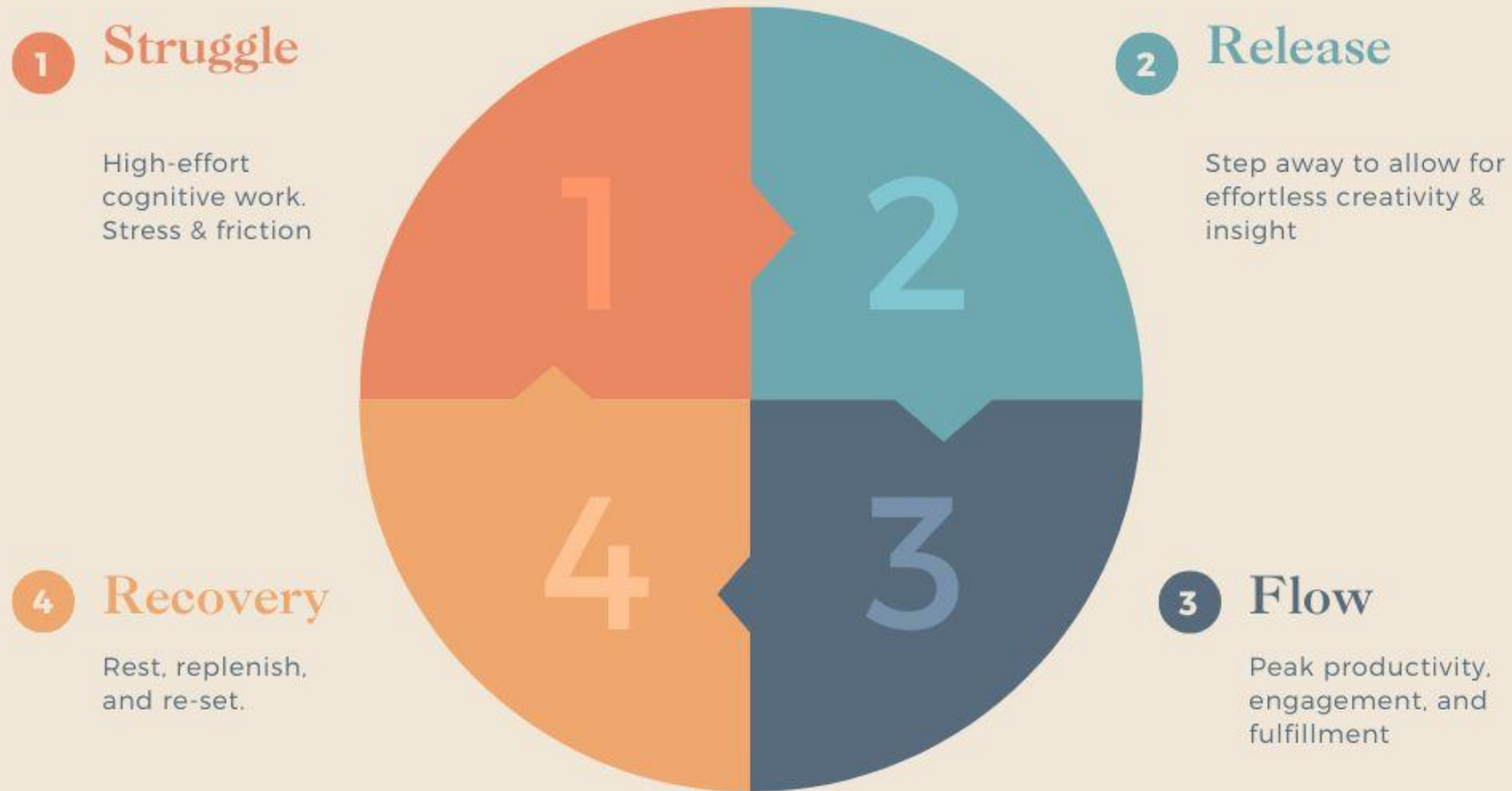
Strategy 2 – Shrink the Cognitive Load



- Your brain needs space to think clearly
- Too many inputs = scattered focus
- Multitasking is a fallacy

4-Stage Flow Cycle

FLOW STATE INCUBATOR



Strategy 3 – Create Micro-Recoveries



- 60-120 second resets between meetings
- Breathing, movement, sensory awareness
- Recovery is where resilience is built

What Are Not Micro-Recoveries?



- Scrolling through social media
- Responding to texts or emails
- Tuning into the news or a podcast
- Grabbing a snack or another coffee

Strategy 4 – Anchor Yourself



Three zones of influence:

- Environment
- Mindset
- Actions

Focus your energy where it makes a difference.

Strategy 5 – Lead from Your “Inner Calm”



- Under stress, we default to reactivity: control, avoidance, overthinking, negative self-talk, even rumination.
- Calm leadership comes from tuning into a wiser internal frequency
- Engage curiosity, empathy, clarity

Ask yourself:

*What would the **clearest version** of me do next?*

*What really matters **right now**—and what doesn't?*

*Am I **reacting**... or **responding** with intention?*

*What **energy** do I want to bring into this moment?*

Recap – Five Strategies

1. **Name it to Tame it** - Awareness breaks the cycle
2. **Shrink the Cognitive Load** - Your brain needs space to think clearly
3. **Create Micro-Recoveries** - Recovery is where resilience is built
4. **Anchor Yourself** - Focus your energy where it makes a difference.
5. **Lead from Your Inner Calm** - Calm leadership comes from tuning into a wiser internal frequency





Be Part of Open Coaching!

Let Go

***Move beyond** your story of stress and chaos and ask a Gateway Question*

Gateway Questions

***“What** can I do to anchor myself?”*

***“How** can I shrink my cognitive load?”*



Be Part of Open Coaching!

VOLUNTEER REQUIREMENTS:

- Have a **Gateway Question** in mind – A self-reflective question about how you want to grow your calm, clarity, or leadership presence in the midst of chaos.
- Open to **engage** in a meaningful coaching conversation.
- **Ready** to turn on their **camera** and **microphone**.
- **Consent** to being recorded and recording shared online.
- Currently using a **desktop computer** or a **laptop**.

WANT TO VOLUNTEER?

Raise your hand in the webinar or type in “**I volunteer**” in chat!

Closing Reflection

You don't need to control the chaos.

You need tools to meet it wisely.

**You have more power than you think—
to shape your inner state, your decisions, and
your ripple effect.**

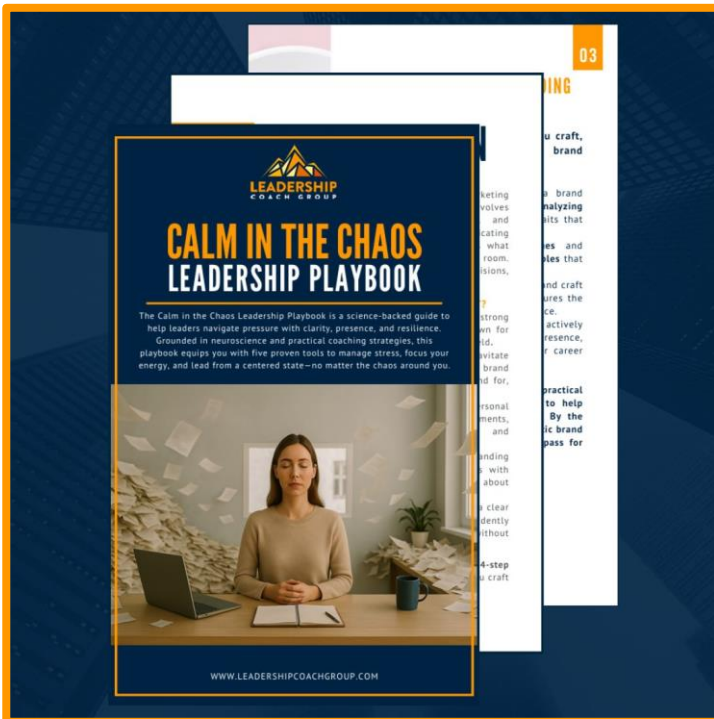
What will you take with you from today?

Drop one insight into the chat!

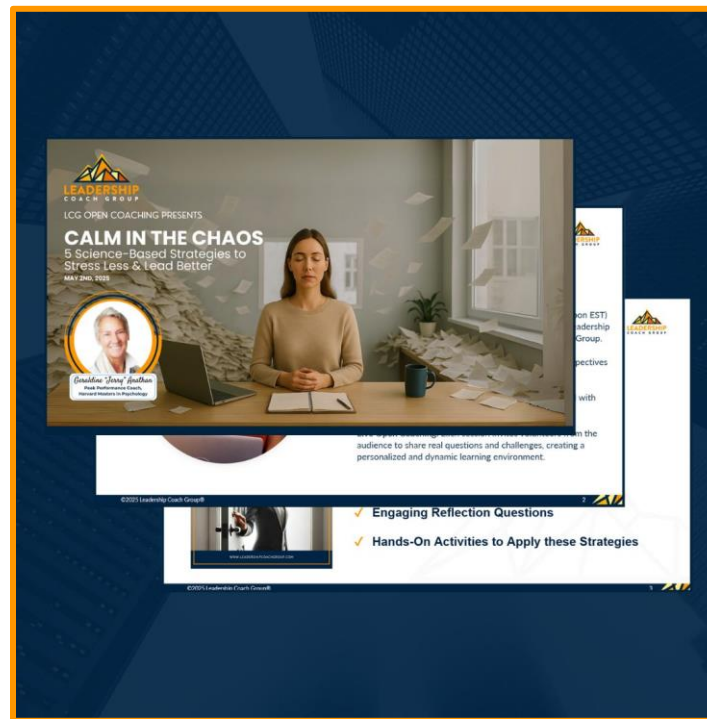


Follow Up Email

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We Welcome Your Feedback



Your Calm Crew



Geraldine "Jerry" Anathan
Peak Performance Coach,
Harvard Masters in Psychology

**Speaker for Calm in the
Chaos Webinar**



Tushar Vakil
Top 100 Most Influential Thought
Leaders (People-Hum)



Lissa Qualls
Master Certified Coach (MCC)
Expert in Effective Communication



Rob Followell
Certified Executive Coach
Former Hospital CEO



Angela Farmer
Executive Coach
and Trainer



Michael Seelman
CEO of the Leadership Coach Group
Former Principal Advisor of FBI



Sarah Sutton
Master Certified Coach
(MCC)



Mike Meydenbauer
Executive Coach
Navy Veteran



Jenn Bieri
Certified Professional
Co-Active Coach

Coming Up Next for LCG Open Coaching

Career Disruption: Your Launching Pad to Reset & Rise

 **Date:** Friday, June 6th, 2025

 **Time:** 12 PM EST

Stay tuned for updates and details on this exciting session.
Make sure to mark your calendars!





We are Here for You!

Contact Us

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- 🌐 leadershipcoachgroup.com