



LEADERSHIP
COACH GROUP

LCG OPEN COACHING PRESENTS

THE STRESS RESET

Leading With Clarity in a World That Never Stops

FRIDAY | SEPTEMBER 5TH 2025 | 12:00 PM EST



Jenn Bieri
Certified Professional
Co-Active Coach

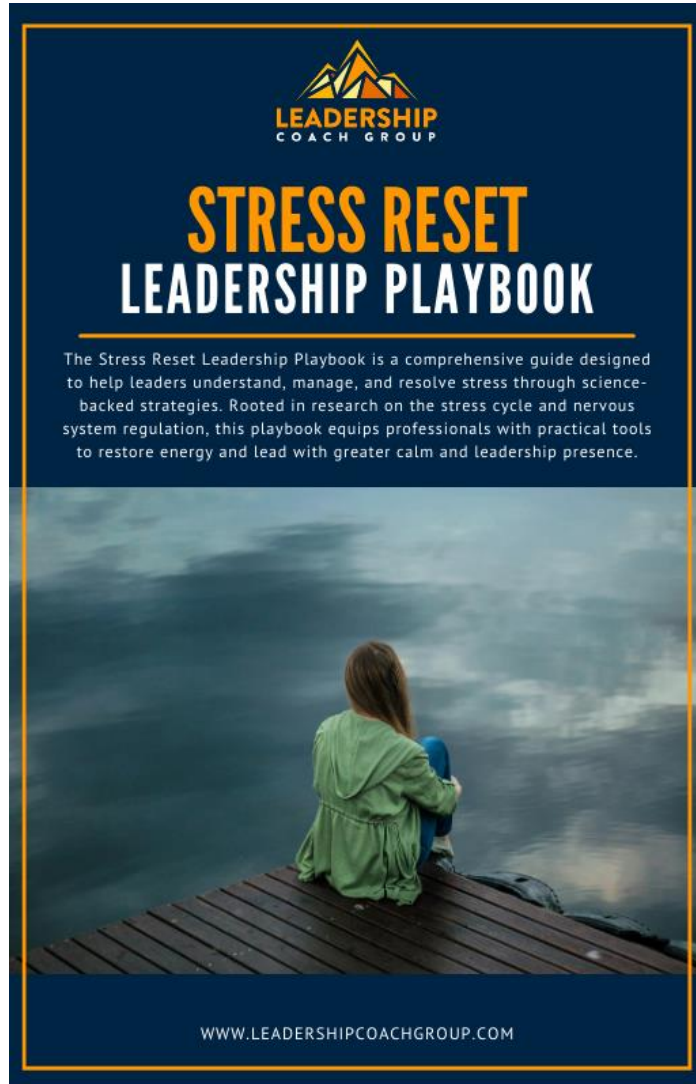
FREE



LIVE
WEBINAR

- **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



- ✓ **The Stress Reset Leadership Playbook**
 1. **What is the Stress Cycle?**
 2. **How to Complete the Stress Cycle**
 3. **Daily Leadership Practices**
 4. **Resources and Further Reading**
- ✓ **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

FICO®



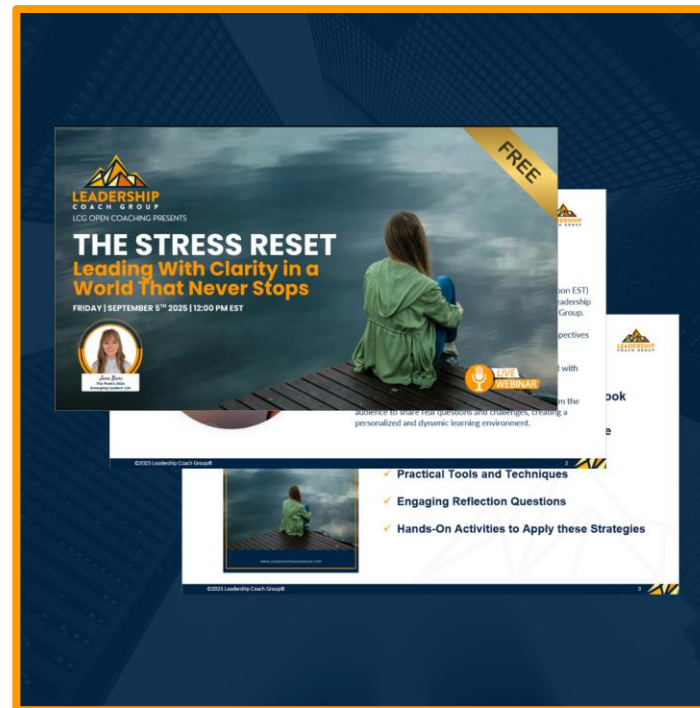
*The company logos represent the companies our coaching clients were employed by during the time of their coaching by members of the Leadership Coach Group. Some of these clients paid privately for their coaching, others' coaching programs were sponsored by their companies. It is a partial list of clients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

Follow Up Email

Stress Reset Leadership Playbook



Slide Deck



Complimentary Coaching Session





Jenn Bieri
**Certified Professional
Co-Active Coach**

| Jenn Bieri

- An Executive Coach with a decade of global leadership experience in finance, operations, and scaling high-growth startups.
- Former corporate leader who built and led teams across Australia, Singapore, and Canada, including supporting a \$50M acquisition.
- A recovering CPA passionate about creating reflective spaces for high performers to look inward, lead with intention, and achieve sustainable success.
- Named one of Canada's Top Emerging Leaders 2024

Use the poll:

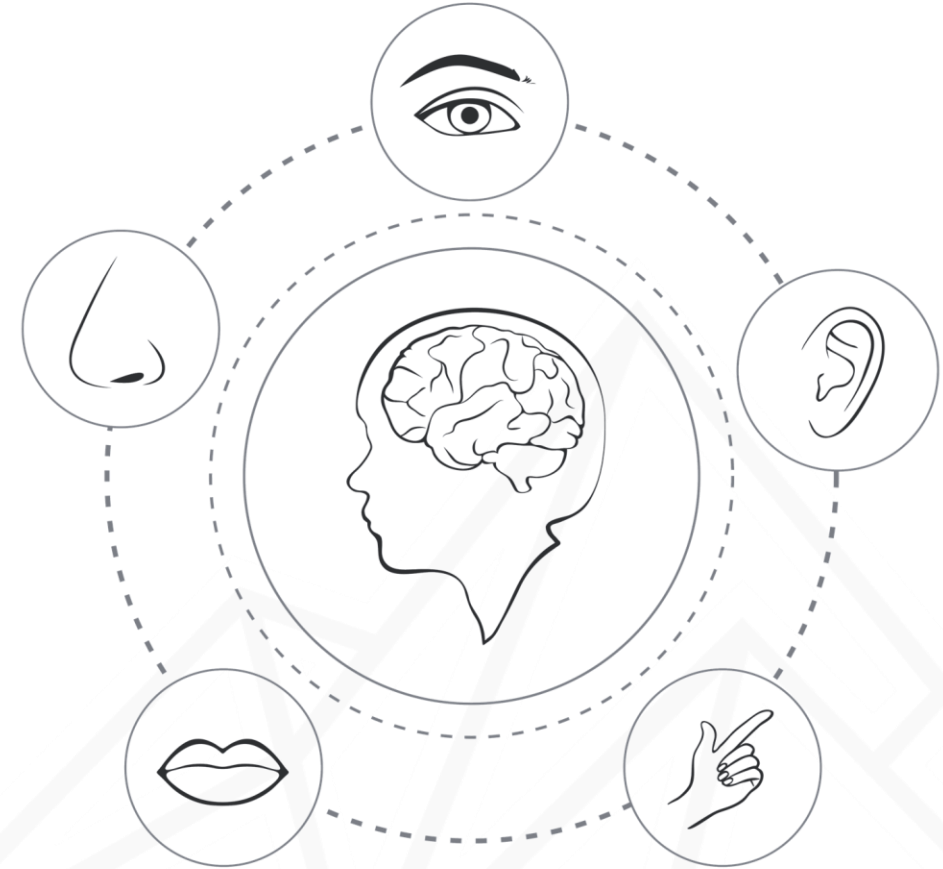
On a scale of 1 to 10, how stressed do you feel today?

(1 = no stress, 10 = extremely stressed)

Five Senses Grounding Technique

Notice:

- **5 things you can see**
- **4 things you can touch**
- **3 things you can hear**
- **2 things you can smell**
- **1 thing you can taste**



Use the poll:

**On a scale of 1 to 10, after
doing the five senses where
are you at now?**

(1 = no stress, 10 = extremely stressed)



Let's design the space together:

- Engage by using the chat
- Turn your phone / laptop on focus mode
- All questions are welcome

What are you hoping to take away from today's webinar?

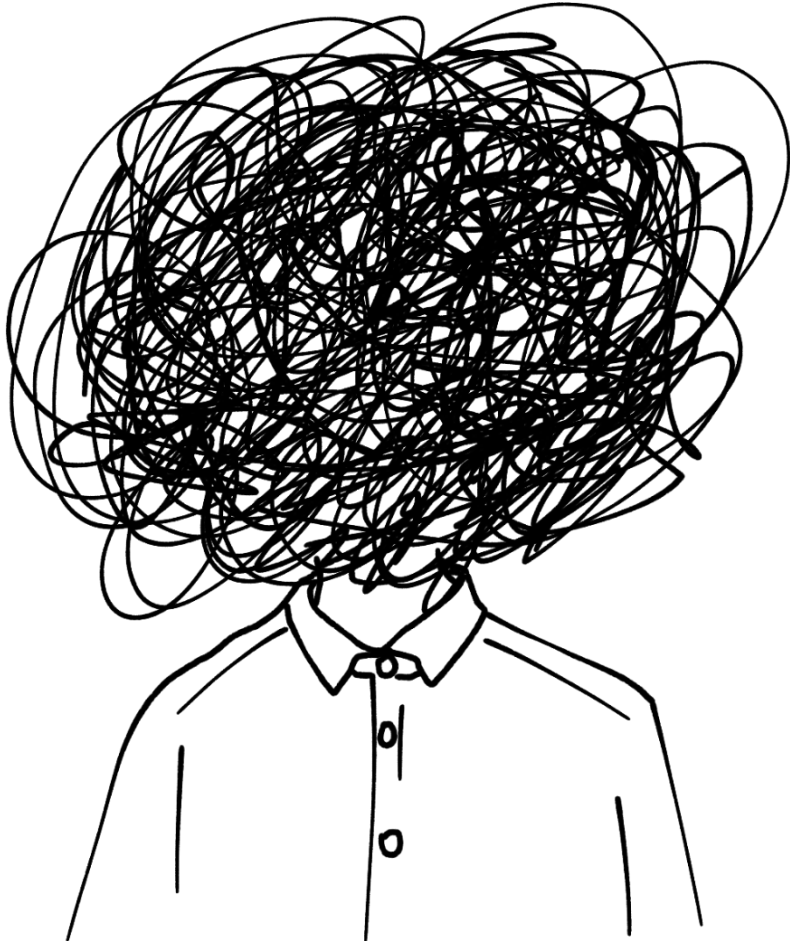


My Story



- **Teenager / Young Adult:** high achieving perfectionist with functional high anxiety
- **Age 27 / 28:** crippling panic attacks that brought me to the emergency room
- **Age 30:** 3-day migraines every month
- **Age 32:** Burned out

How I know I'm stressed

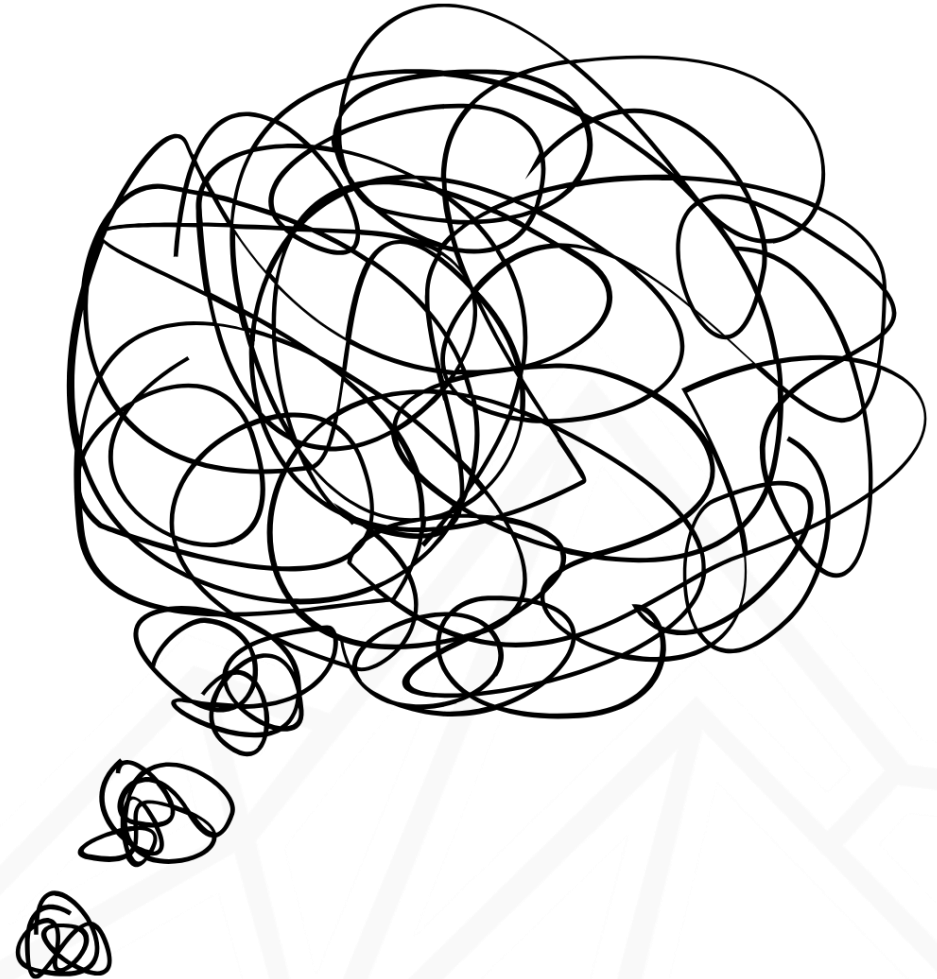


- ☁️ My brain is foggy like I can't think straight
- 🍦 I want to eat JUNK (chips / ice cream)
- ⌚ It feels like I have no time
- 🌲 I stop going outside
- 🧘 I stop all self-care
- 😡 I'm very irritable and snippy
- 📱 I start everyday by checking my phone

When you're stressed, how do you know?



**Why might it be
important to know
what stress feels like
for you?**



What is the stress cycle?

Stress is your body's natural response to a **perceived threat**.

It's an ancient survival mechanism designed to help you escape danger—like running from a tiger.



Today, our “tigers” look different:

- **External stressors:** Work, money, family, time pressure, societal norms and expectations, experiences of discrimination, notifications on your phone, transitions, identity shifts
- **Internal stressors:** Self-criticism, body image, identity, memories, and thoughts about the future, perfectionism





**Your body responds to all of
these the same way:
as if you're in danger.**





Even after the **stressful situation is over**,
your body might still be stuck in “go”
mode—on high alert, flooded with
stress hormones.

How the Body's Stress Cycle Works



- You're not meant to stay in that **activated state**. You have to do something to **complete the loop**.
- You need to do something that physically signals to your body: "*You are safe now.*"
- If that signal doesn't come, **your body stays in survival mode**. And over time, that wears down your mental, physical, and emotional health.

Nervous System



Sympathetic
nervous system

DOING

Action / push

Fight or flight

Parasympathetic
nervous system

BEING

Inaction / allow

Rest and digest



How to Complete the Stress Cycle



How to Complete the Stress Cycle

Move your body for 20–60 minutes

- **Most effective**
- walk, run, dance, swim—anything that gets your heart rate up and your breathing deeper



Other Powerful Ways to Complete the Stress Cycle

Tense and release

- Contract all your muscles for 20 seconds, then shake it out with a deep exhale



Other Powerful Ways to Complete the Stress Cycle

Breathwork

- Slow, deep breathing (box breathing, 6-7-8, etc.)



Other Powerful Ways to Complete the Stress Cycle

Positive Social Interaction

- Genuine connection, conversation, laughter



Other Powerful Ways to Complete the Stress Cycle

Affection with a loving presence

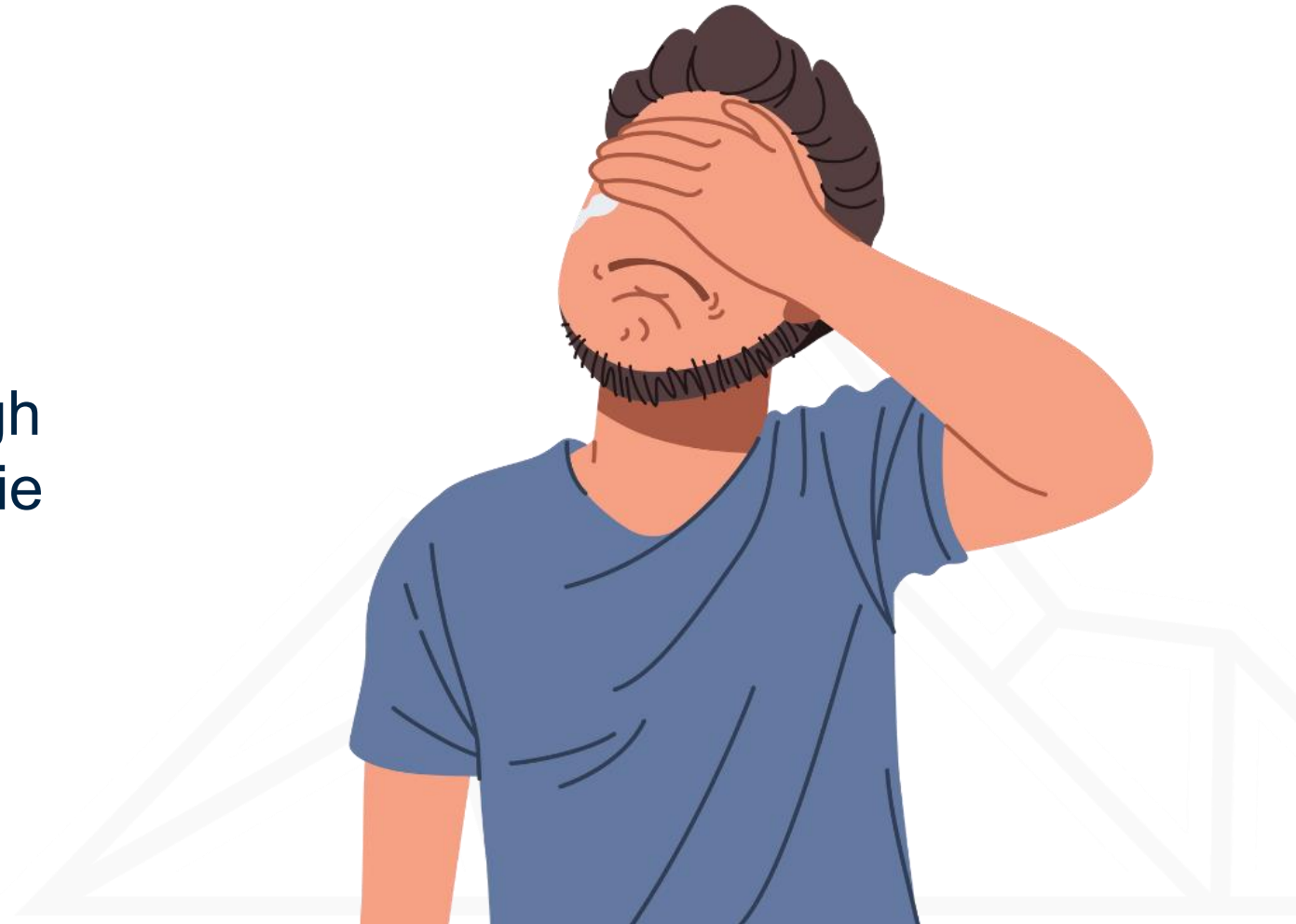
- 20-second warm hug, 6-second kiss, petting an animal



Other Powerful Ways to Complete the Stress Cycle

A good cry

- Letting the emotion move through you, even via a tear-jerking movie



Other Powerful Ways to Complete the Stress Cycle

Creative expression

- Painting, music, writing, storytelling



Other Powerful Ways to Complete the Stress Cycle

Spiritual Connection

- Meditation, prayer, awe in nature





What will be your go-to
“completing the stress cycle”
activities?

Whatever you choose, the key is this:

Feel the shift.

The release. The drop. The exhale. That's your
body completing the cycle.

Putting it into practice

- **Choose one way to complete the stress cycle most days.**
- **It's not extra. It's essential.**
- **Just like eating or sleeping, completing the stress cycle is what keeps your body and mind well.**

As leaders, it all starts with you.

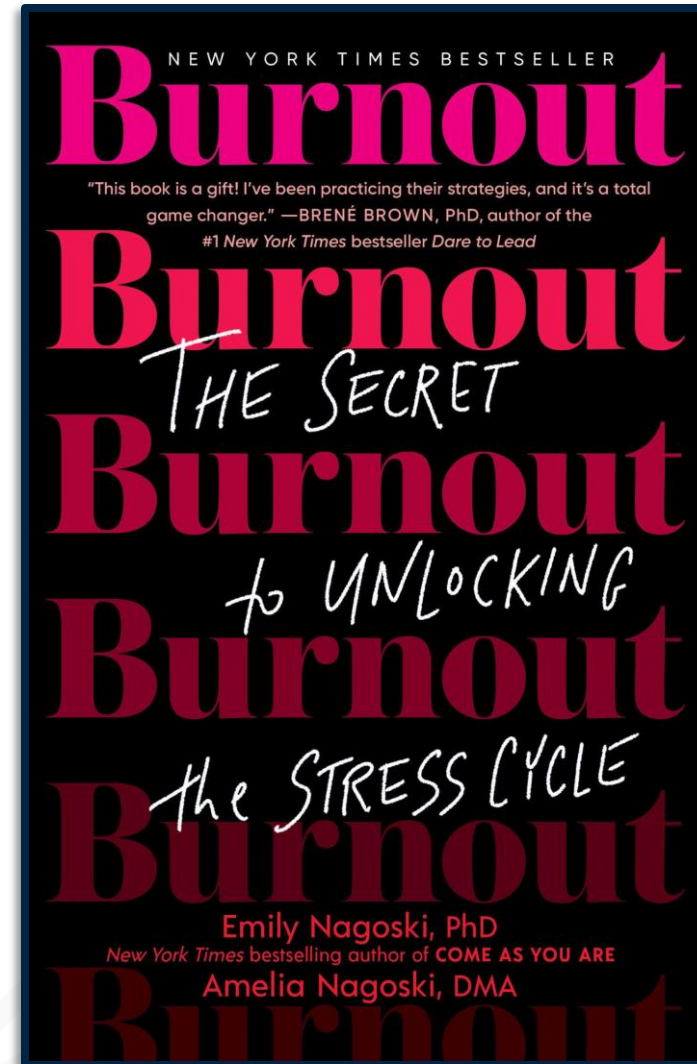
Noticing how stress is impacting your ability to lead. Your ability to show up.

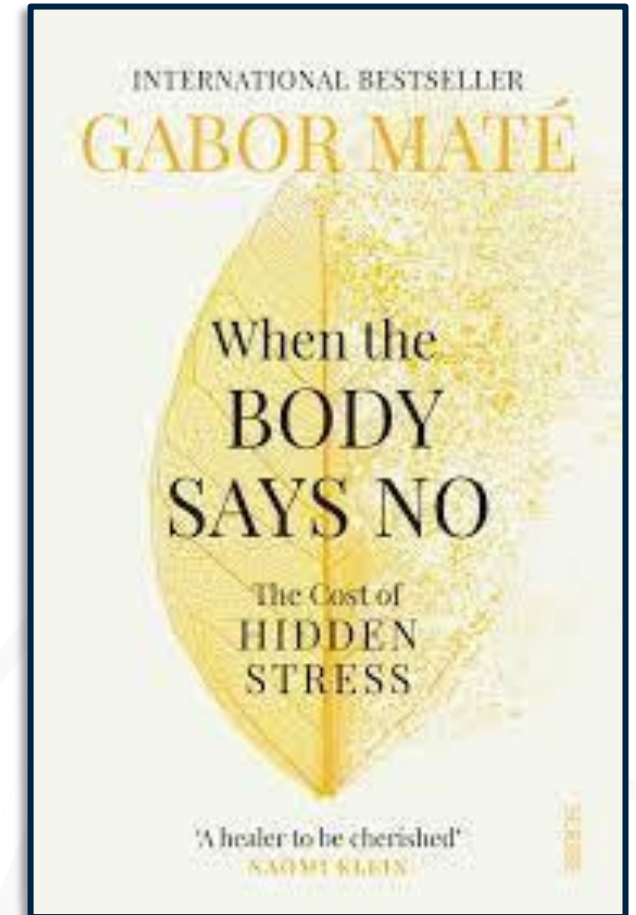
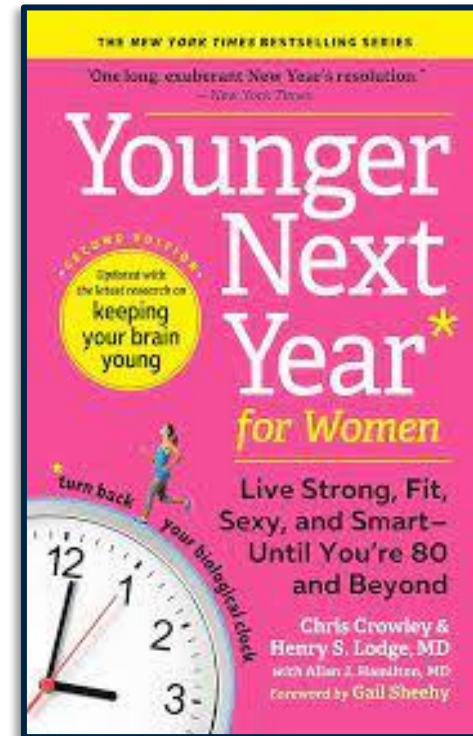
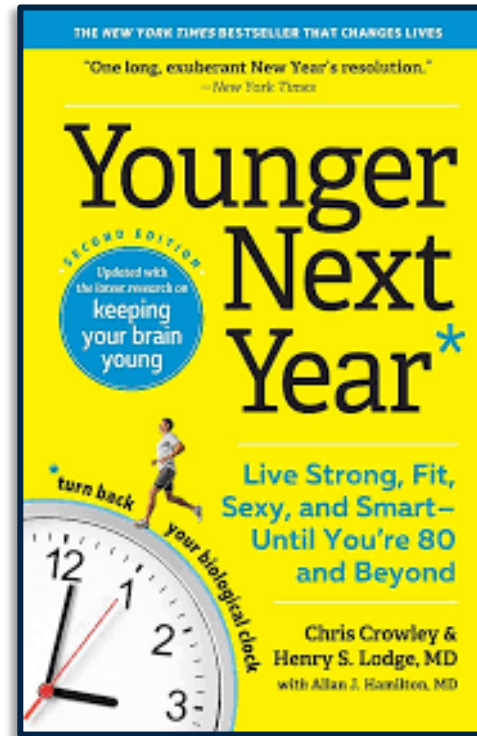
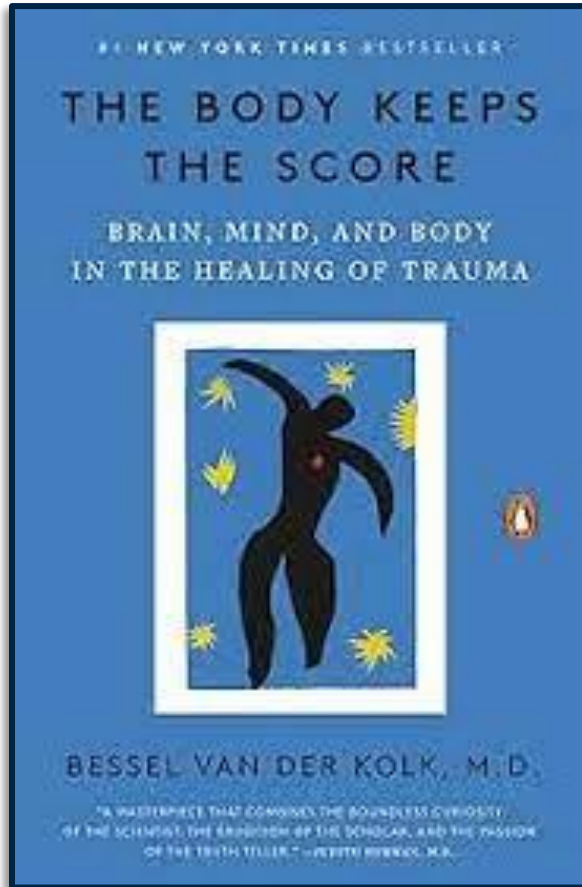


Burnout

The Secret to Unlocking the
Stress Cycle

By: Emily & Amelia Nagoski







Be Part of Open Coaching!

VOLUNTEER REQUIREMENTS:

- Ready for **stress reset** coaching.
- 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!

What will you take with you from today?

Drop one insight into the chat!



Follow Up Email

Stress Reset Leadership Playbook



Slide Deck



Complimentary Coaching Session





We Welcome Your Feedback



Coming up next for LCG Open Coaching

Leaders Leveraging AI to Elevate Personal Effectiveness

 Friday, October 3, 2025

 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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