



LCG OPEN COACHING PRESENTS

# EXHALE THE YEAR: A Calming Practice of Gratitude & Reflection

DECEMBER 5, 2025 | FRIDAY | 12:00 PM EST



*Mike Meydenbauer*  
Professional Certified Coach  
(PCC)



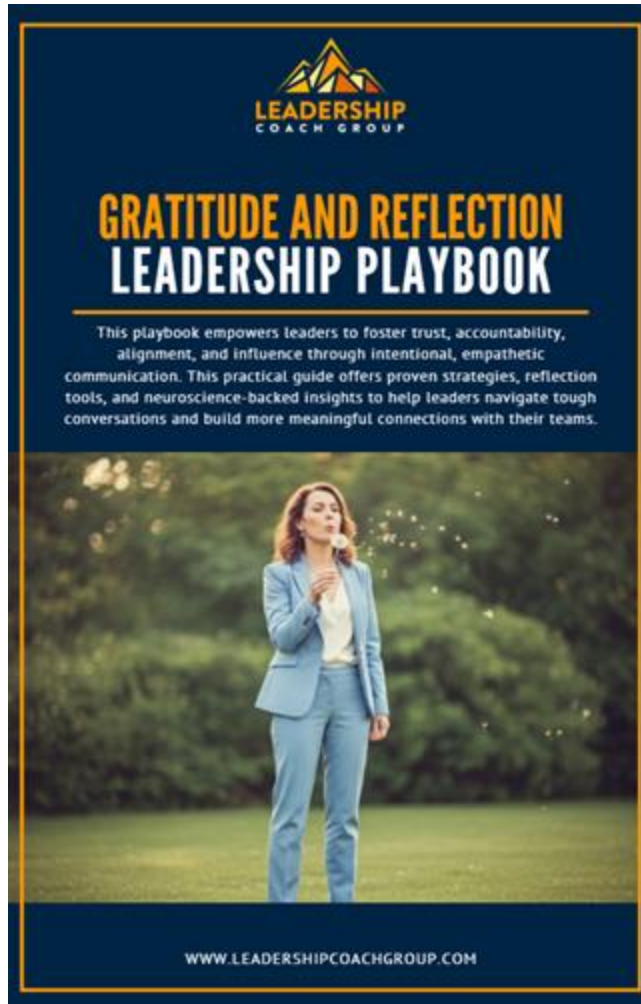
FREE





## What is LCG Open Coaching?

- **Rotating Hosts & Themes:** Every month (1<sup>st</sup> 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.



# Gratitude and Reflection Leadership Playbook

- ✓ **Guided exercises and reflection prompts**
- ✓ **Informative leadership insights**
- ✓ **FREE and easy to use!**

# | 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

 **Dropbox**

 Microsoft

 **SAP**

*webflow*

 **Hinge Health**

SWISSnex 

 salesforce

NEXtera  
ENERGY 

**facebook.**

**SONY**

 SIGFIG

UCSF Health

**FICO**

**TURO**

\*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

## Playbook



## Slide Deck



## Complimentary Coaching Session



# Mike Meydenbauer



*Mike Meydenbauer*  
Professional Certified Coach  
(PCC)

- Over 20 years of leadership and coaching experience, working with CEOs, VPs, senior directors, and veterans across sectors.
- Former Naval flight officer and diplomat, with 500+ aircraft carrier landings and five years of diplomatic service in Africa.
- Skilled in high-stakes leadership, with deep experience advising senior U.S. and foreign government leaders in dynamic, high-pressure environments.
- Known for his extreme presence, deep intuition, and calming energy, helping clients feel safe, seen, and grounded.

# Introduction & Context

## ➤ Why We Need to Exhale

- Exhaling signals the body to shift out of “flight or fight,” helping us let go of tension we’ve carried, sometimes all year.

## ➤ Your Body is Your Brain

- Somatic leadership expert Dr. Amanda Blake puts it simply: *“Your body is your social and emotional sense organ. When you learn to access the intelligence hidden in sensation, you open the door to more meaning, greater courage, and deeper connection.”*

## ➤ The Power of the Pause

- Pausing to reflect with gratitude helps us break out of autopilot, gain clarity, lift our mindset, and reconnect with what truly matters.



# Let's get present!

1. Pause and Breathe
2. Recall the Moments That Mattered
3. Identify Sources of Gratitude
  - A person who made a difference
  - An accomplishment or milestone
  - A challenge that taught them something
  - A moment of joy, connection, or peace

# The Review: Looking Back at 2025



## The Gold *(What to Keep)*

**When did you feel alive, proud, or in flow?  
Write 3 things you want to carry forward.**

# The Review: Looking Back at 2025



## The Weight *(What to Release/Exhale)*

**What drained you?  
Write 3 things you're ready to put down.**

# Picture yourself one year from now.

- How do they walk into a room?
- How do they react when a crisis hits? Do they panic, or do they pause?
- What boundaries do they hold that you currently struggle with?
- How do they treat themselves at the end of a hard day?



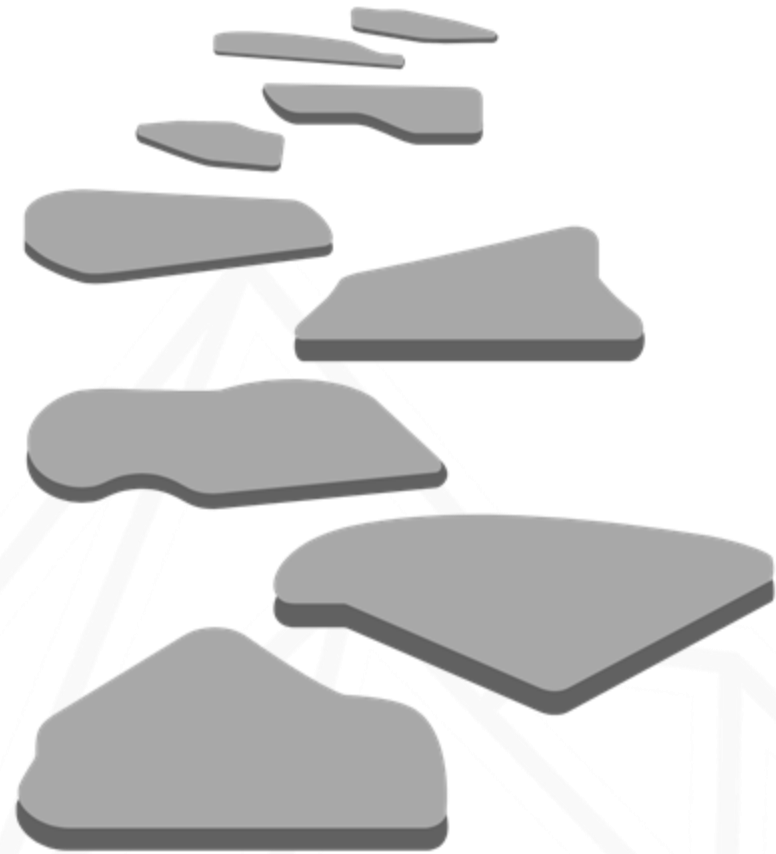


Write 3 words or a short phrase:  
*Who is the person you just envisioned?*



# The Trailhead: Your Starting Point

- A **Trailhead** is the very first, simple step toward your vision.
- It is small, doable, and immediate, not the whole mountain, just the start of the path.
- You don't need a full plan. You only need the next clear foothold.
- A Trailhead helps you move from intention to momentum without overwhelm.



# *What is one small action you can take this week that aligns with your 2026 identity?*

## **Examples:**

**“A Healthy Leader”** →  *Put your running shoes by the door tonight.*

**“More Present”** →  *No phone at the dinner table this week.*

**“More Calm Self”** →  *Take one intentional breath before every meeting.*

A man in a light blue shirt is sitting at a desk, looking thoughtful. He is holding a notebook and a pen. The background is a window with blinds. The text is overlaid on the image.

***Carry the gold, release the weight, walk toward your vision — one step at a time.***





# Be Part of Open Coaching!

## VOLUNTEER REQUIREMENTS:

- 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!

# Follow Up Email

## Playbook



## Slide Deck



## Complimentary Coaching Session



# Gratitude and Reflection Leadership Playbook

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- ✓ Informative leadership insights
- ✓ FREE and easy to use!

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## PLAYBOOK OVERVIEW

Here are the topics covered in this playbook:

- 1. THE LEADERSHIP RESET: EXHALE AND PRACTICE GRATITUDE**  
Learn why intentional pause and gratitude are powerful leadership tools. This section combines breathwork and reflection to help you calm your system, access clarity, and anchor your mindset in what truly matters.
- 2. REVIEW THE YEAR – FIND THE GOLD, RELEASE THE WEIGHT**  
Reflect on the moments from the past year that energized or drained you. Use guided journaling prompts to uncover what to carry forward and what to leave behind as you move into a new chapter.
- 3. VISION THE LEADER YOU'RE BECOMING**  
Shift from setting goals to embodying identity. Through a guided visualization and reflective prompts, define a 3-word leadership identity that captures the essence of who you are becoming in 2026.
- 4. START SMALL – FIND YOUR TRAILHEAD**  
Translate your vision into action by choosing one small, tangible step—your "trailhead"—to start living your new leadership identity this week. Learn how small, identity-aligned habits build big momentum.
- 5. SUSTAIN THE SHIFT – YOUR 30-DAY INTEGRATION PLAN**  
Embed your new identity through daily micro-practices across four key leadership domains: mind, body, relationships, and environment. A simple checklist to help you build sustainable habits and lead with intention.

www.leadershipcoachgroup.com

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## SET: TITUDE

### ATHE

**ause.** Not to plan, fix, n a world that often e most powerful thing flect. When you pause nance, but as presence d gain access to your

meaningful shift in ection doesn't require ss to return to what

### WHY GRATITUDE

n a *sympathetic state*—his state, your brain tion, and creativity. urvival. You can't lead t.

**reset your body.** Deep, *thetic nervous system*—own and access more s this space, you can

lies have shown that es levels of **serotonin** notional regulation.

05



ground into the ervous system:

ifts into a state physiology are hen leadership

You don't need show up—**fully** We'll guide you t you with what s playbook.

06

## RCISE

experience. You only ou feel comfortable. ay, close your laptop, ve yourself permission oments, insights, and sence and curiosity.

nd rest your hands on (4 counts)—hold (4)...

oulders drop. Let your

st few months. Don't nts. Times that felt

ing prompts. Let them supported, challenged, ou achieved that felt xperience that helped le, human experience

if safety, clarity, and t leadership decisions

\*excerpt only



**We Welcome Your Feedback**



Coming up next for LCG Open Coaching

# The Flow State Advantage: How Leaders Achieve More with Less Stress

 Friday, January 2, 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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