



MAY 1, 2026 | FRIDAY | 12:00 PM EST

CLARITY UNDER PRESSURE: The Executive Discipline of Leading Through Tension



LIVE
WEBINAR





| What is LCG Open Coaching?

- **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.



CLARITY UNDER PRESSURE LEADERSHIP PLAYBOOK

This playbook gives leaders practical, evidence-based tools to maintain clarity under pressure. It explores what happens when stress shifts leaders from strategic thinking to reactivity, and provides simple frameworks to pause, regain focus, separate facts from interpretations, and lead tense conversations with greater clarity.



WWW.LEADERSHIPCOACHGROUP.COM

Clarity Under Pressure 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

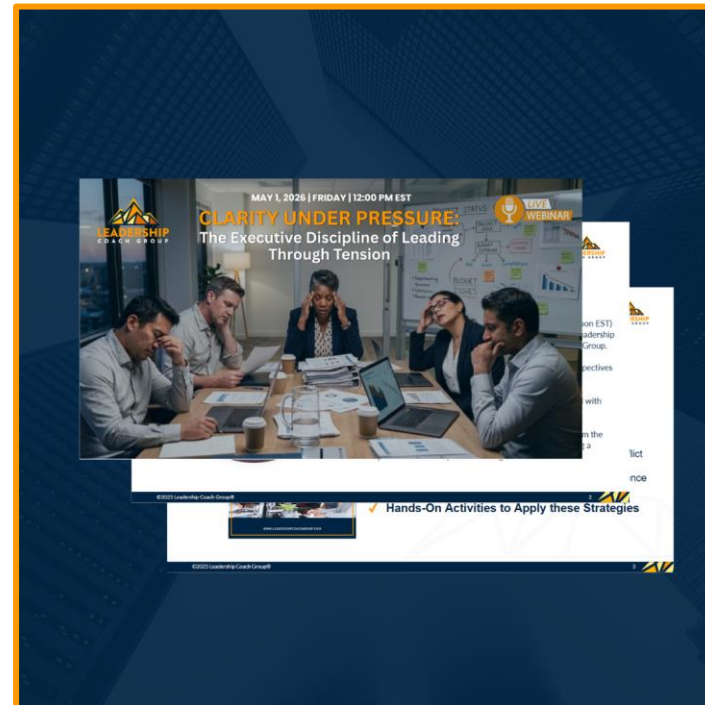
*The company logos represent the companies our coaching clients were employed by during the time of their coaching by members of the Leadership Coach Group. Some of these clients paid privately for their coaching, others' coaching programs were sponsored by their companies. It is a partial list of clients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

Follow Up Email

Playbook



Slide Deck Copy



Complimentary Coaching Session



Merci Miglino



Merci Miglino
**Master Certified Coach
(MCC)**

- Executive coach with a diverse background focused on leadership development, self-mastery, and building sustainable learning communities.
- Has facilitated coaching and training for public-sector, nonprofit, education, and corporate organizations, including NY State agencies, school districts, Magellan Health, Hewlett Packard, and the US Department of Labor.
- Former Global Training Director for the International Coach Academy, where she taught and mentored hundreds of coaches in core coaching competencies.
- Author of the self-published book *Doormat to Diva©: Taking Center Stage in Your Own Life*, which reflects her unique coaching model and speaking work.
- Brings broad international experience in engagement, leadership, emotional intelligence, behavioral interviewing, coaching techniques, and learning design across both virtual and in-person environments.



Let's get present!

Agenda

1. Leadership under pressure: Reality and brain science
2. A practical pause to reset in the moment
3. Separating facts, stories, and reactions
4. Three questions that restore productive dialogue
5. Habits that help leaders stay steady

Leadership Reality

Pressure is part of leadership.

Leaders navigate competing priorities, strong personalities, urgency, and high visibility decisions.



Think of a recent leadership decision made under pressure.

What tensions were present?



Why Clarity Disappears

UNDER PRESSURE, LEADERS EXPERIENCE:



EMOTIONAL
REACTIVITY



NARROW
LISTENING



RUSHED
DECISIONS

Brain Under Pressure

Stress shifts the brain from executive thinking to threat response.





**Clarity under pressure is
not personality...**

**It is a trainable leadership
discipline.**

Leadership Pause



Pause



Breathe



Notice emotion



Refocus attention

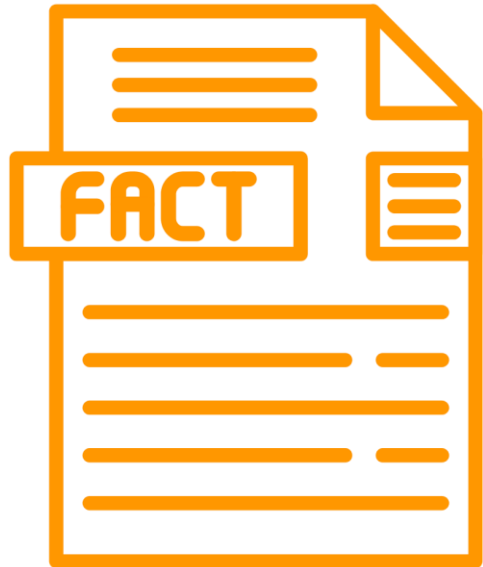


Reflect on a current leadership tension and apply the pause technique.



The Clarity Model

Separate:



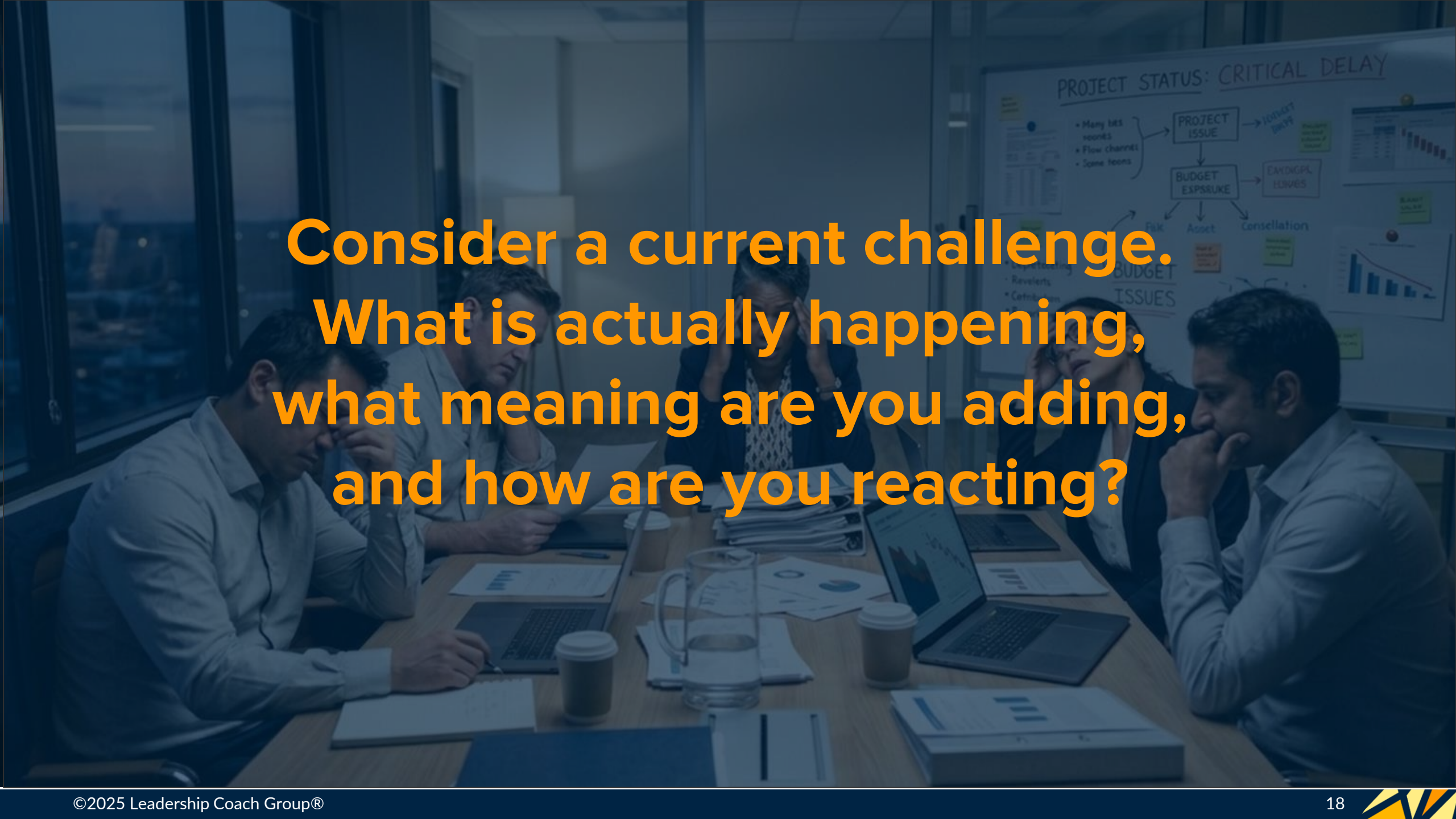
Fact



Interpretation



Emotional
Reaction



**Consider a current challenge.
What is actually happening,
what meaning are you adding,
and how are you reacting?**



Conversations Under Tension

Tense conversations often become defensive and positional.



Clarity Questions

What are we trying to accomplish?

What are we seeing differently?

What information might we be missing?

Why Questions Work



Questions from a place of **curiosity** restore thinking and reduce defensiveness.

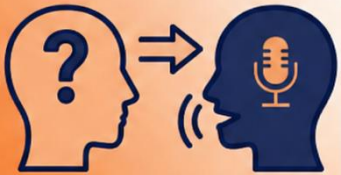
Three Habits



**SLOW THE
THE MOMENT**



**NAME
THE REALITY**



**ASK BEFORE
TELLING**

A man with a beard and short hair, wearing a white long-sleeved shirt, stands in the foreground with his arms crossed and a friendly smile. He is in a meeting room with other people seated around a table in the background. The scene is dimly lit with blue and white tones.

**Remaining steady during
tension builds
trust and clarity.**



Identify **one** upcoming
situation where you will
apply these tools.



Leadership is the ability to
remain clear when others
lose clarity.







Be Part of Open Coaching!

VOLUNTEER REQUIREMENTS:

- A scenario from the past or an upcoming event where you want to apply these techniques.
- Open to engage in a meaningful coaching conversation.
- Ready to turn on their camera and microphone.
- Consent to being recorded and recording shared online.

WANT TO VOLUNTEER?

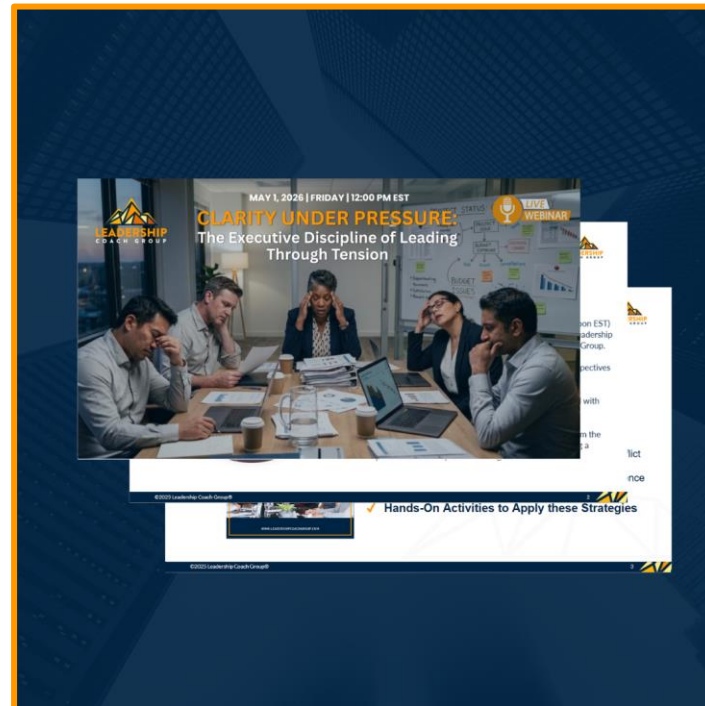
Type in “I volunteer” in chat or comment!

Follow Up Email

Playbook



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Complimentary Coaching Session





We Welcome Your Feedback



Coming up next for LCG Open Coaching

Employing Personality Assessments in Sales and Leadership

 Friday, June 5, 2026

 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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- 🌐 www.leadershipcoachgroup.com