



DITCH THE SUPERHERO CAPE:

Self-Compassion for High-Performing Leaders

AUGUST 7, 2026 | FRIDAY | 12:00 PM EST

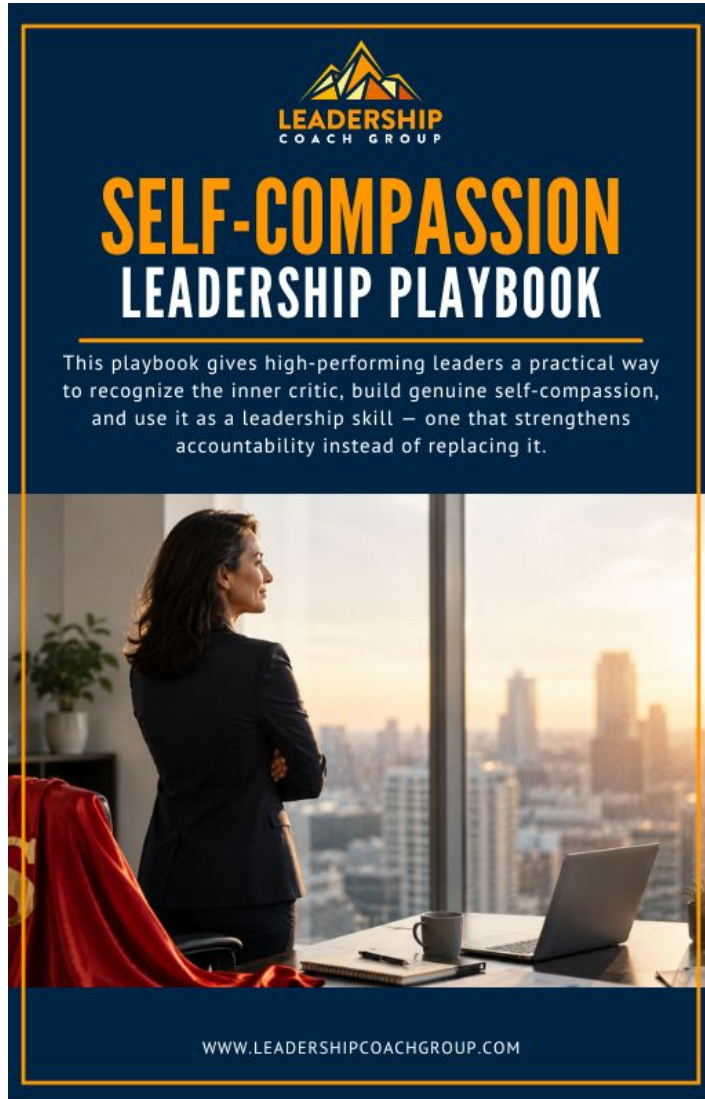


Jenn Bieri
Certified Professional
Co-Active Coach

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.



Self-Compassion 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*:

The Oracle logo, consisting of the word "ORACLE" in red capital letters.The Dropbox logo, featuring a blue diamond icon made of four smaller diamonds followed by the word "Dropbox" in black.The Microsoft logo, featuring the four-colored square icon followed by the word "Microsoft" in grey.The SAP logo, featuring the word "SAP" in white on a blue rectangular background.The webflow logo, featuring the word "webflow" in a blue, lowercase, sans-serif font.The Hinge Health logo, featuring an orange square icon with a white "H" followed by the words "Hinge Health" in black.The Swissnex logo, featuring the word "swissnex" in grey lowercase letters followed by a red icon of three circles connected by lines.The Salesforce logo, featuring a blue cloud icon with the word "salesforce" in white lowercase letters inside.The Nextera Energy logo, featuring the word "NEXTera" in green and blue above the word "ENERGY" in green, with a stylized blue and green wave icon.The Facebook logo, featuring the word "facebook" in white lowercase letters on a blue rectangular background.The Sony logo, featuring the word "SONY" in bold black capital letters.The SIGFIG logo, featuring a red icon of three interlocking loops followed by the word "SIGFIG" in grey capital letters.The UCSF Health logo, featuring the text "UCSF Health" in blue, with "UCSF" in a bold sans-serif font and "Health" in a lighter sans-serif font.The FICO logo, featuring the word "FICO" in bold blue capital letters.The TURO logo, featuring the word "TURO" in white capital letters inside a black-outlined arrow pointing to the right.

*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.

After this Session

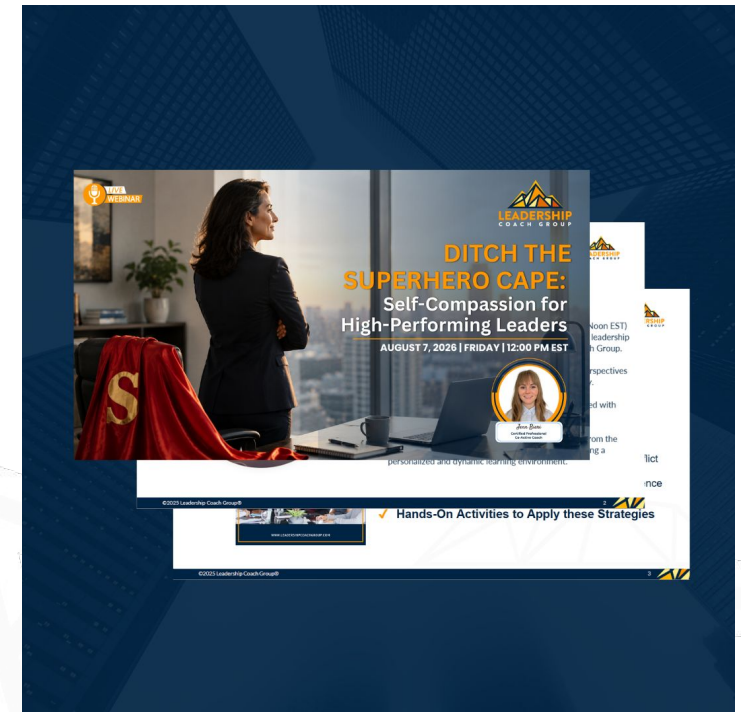
Complimentary Session



Playbook



Slide deck





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, supporting a \$50M acquisition.
- A recovering CPA passionate about creating reflective space for high performers to turn inward, lead with intention, and achieve sustainable success.
- One of Canada's Emerging Leaders List



Vibe Check

**In one word: How are you
showing up today?**

Let's design the space together:

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

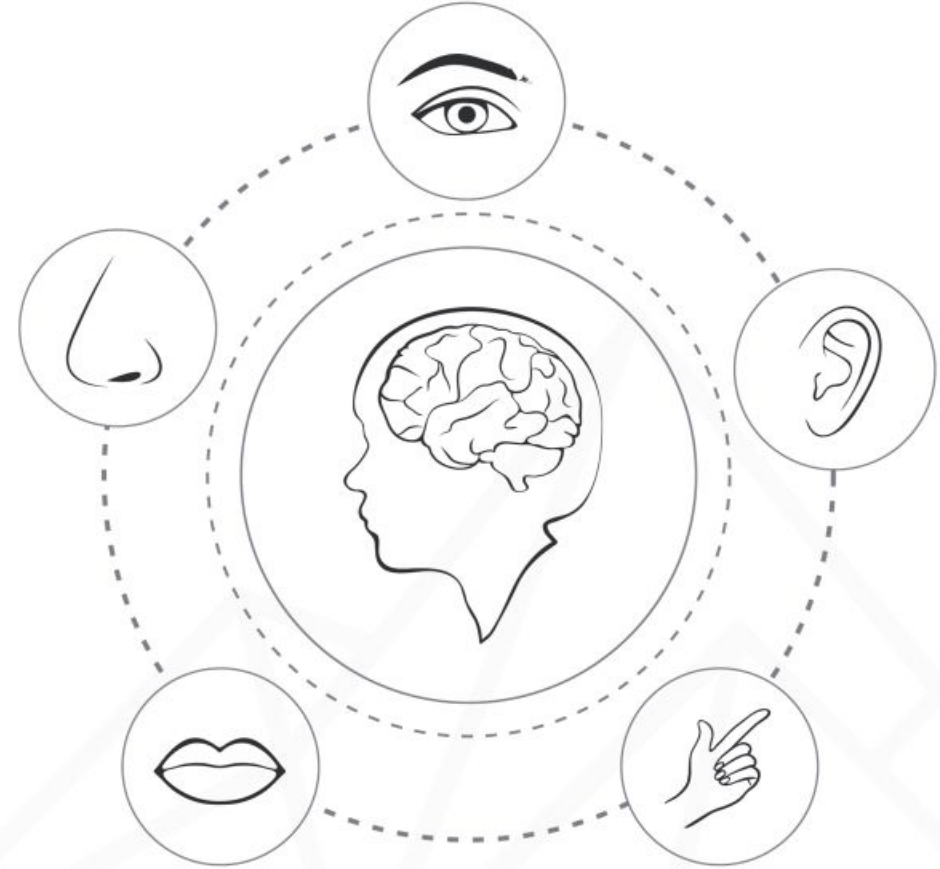
What are you hoping to take away from today's webinar?



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



What We'll Cover

- **Recognize when your inner critic is limiting** your performance and leadership.
- **Understand the three core elements of self-compassion** and why they matter for high-performing leaders.
- **Interrupt self-critical thinking patterns** and choose more productive responses.
- **Build greater resilience** without sacrificing accountability or high standards.
- **Lead others with more empathy**, clarity, and emotional intelligence by first leading yourself well.

Bottom-line:
**Ditching the
Superhero Cape**



A Little Bit About Me

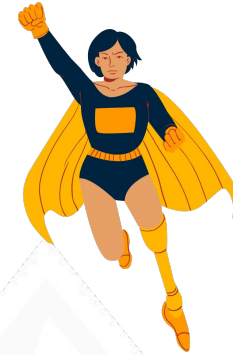
I Thought the Cape Was Working



**I was the glue.
The stopgap. The Fixer.
Everyone relied on me.**



**I took on all problems,
even one's that weren't
mine to solve.**



**I embodied the
Superhuman persona.
I could do anything.
I was unstoppable.**

**This combination is a huge part of why I flew up the
corporate ladder as fast as I did**

A Little Bit About Me But it actually wasn't...



**I became a shell of who
I was.**

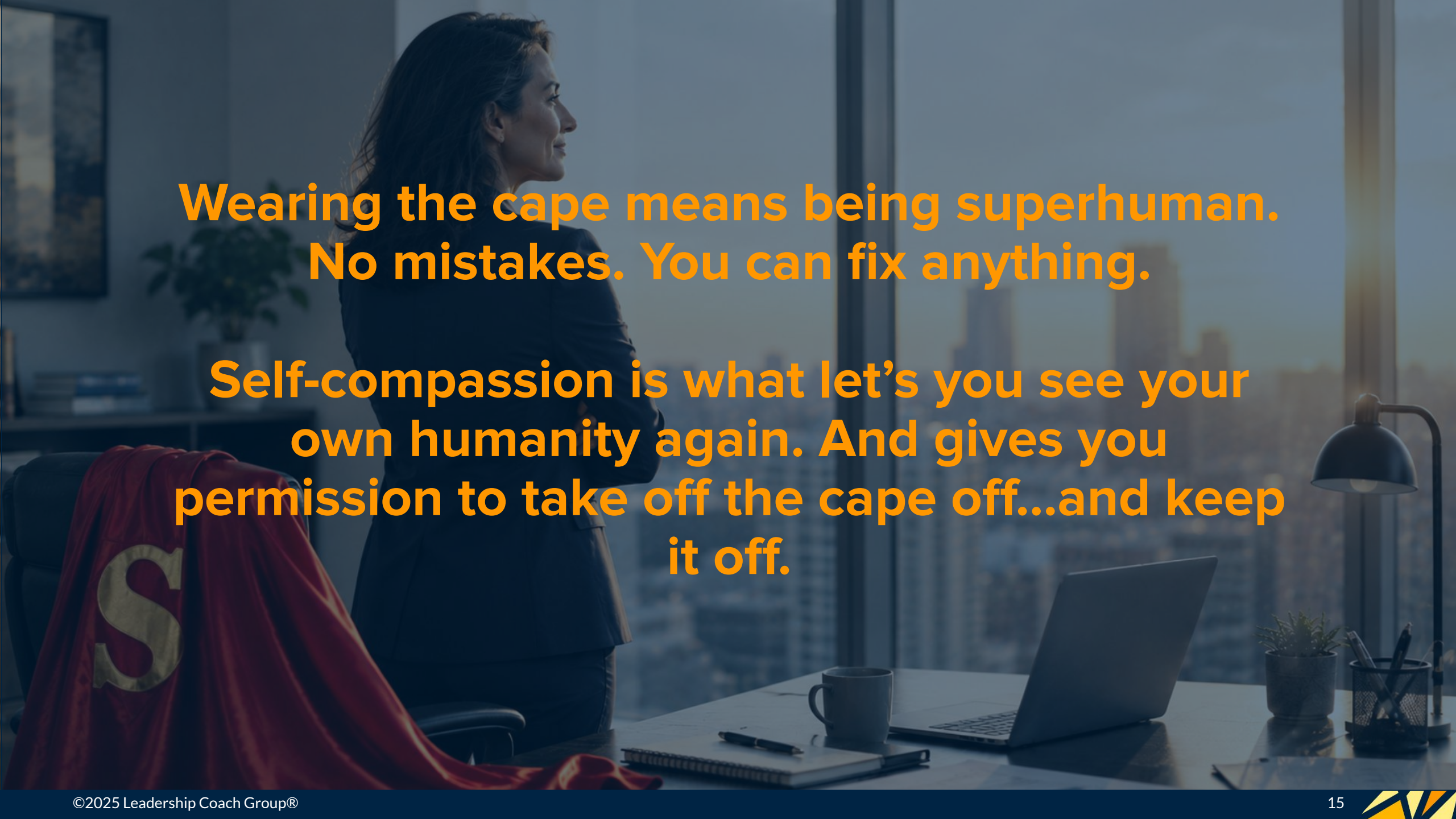


**I was so hyper independent I
didn't know how to let other
support me. I didn't trust
them either.**



**It eventually
burned me out.**

**I realize now I was only contributing to the
unsustainable cycle of reactive, toxic leadership.**



**Wearing the cape means being superhuman.
No mistakes. You can fix anything.**

**Self-compassion is what let's you see your
own humanity again. And gives you
permission to take off the cape off...and keep
it off.**



How many superheroes or recovering superheroes do we have in the audience today?

Throw something in the chat.



**Now, let me tell you.
I thought it was fluff.**



Different Ways to Respond to Your Inner Critic

- **Naming & Personification** – Give your inner critic a name or character to create distance and make it easier to recognize.
- **Recognizing Its Voice** – Learn to identify the thoughts, language, or patterns your inner critic commonly uses.
- **Positive Intelligence Saboteurs** – Use the Saboteur framework to uncover the mental habits that undermine your performance.
- **Parts Work** – Explore the different protective parts of yourself with curiosity rather than judgment.
- **Self-Compassion** – Focus on responding to today's challenges with self-kindness, mindfulness, and perspective instead of self-criticism.

Why I Choose Self-Compassion

- ➔ **My Inner Critic Isn't a "Voice"** – It shows up more as feelings, pressure, and expectations than actual words.
- ➔ **It Doesn't Activate My Nervous System** – Some other approaches leave me feeling more stressed or overwhelmed.
- ➔ **It's More Positively Focused** – It helps me move forward with kindness and intention rather than self-judgment.

Your Inner Critic

(the “voice” underneath the cape)



- **Everyone has one:** voice, feeling or some other way of communicating with you
- **Good intentions:** trying to keep you safe and to protect you.
- **Where it came from?**
 - ◆ An overused skill or strengths
 - ◆ Old pattern that worked really well before
 - ◆ Something you got praised for
 - ◆ Something that is valued in company culture
- The goal isn't to attack it or get rid of it. **It's to learn to how work with it.**

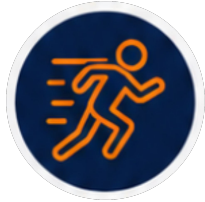
The Hidden Cost of the Inner Critic



**Mental clutter &
self doubt**



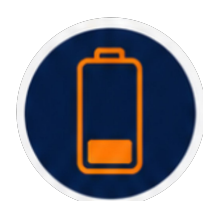
**High stress
levels**



Reactive, not intentional



**Slower decisions &
less clarity**



**Burnout & health
consequences**



**Strained
relationships**



“Self-compassion means being gentle, kind and understanding with yourself; accepting that you are not perfect; and understanding that there is potential for learning and growth in every mistake you make.”

Kristin Neff



3 Components of Self Compassion

1. **Self-kindness:** be gentle, kind & understanding to yourself

2. **Common humanity:** remember that you're an imperfect human just like every other human

3. **Mindfulness:** become aware of our experience

This Isn't About Lowering the Bar

- It's **not** letting yourself off the hook.
- It's **not** making excuses.
- It's **not** lowering your standards.
- It is changing how you respond when you miss the mark, so you can get back up faster.

**High standards and self-compassion can coexist.
You don't have to choose.**

3 Ways to Practice Self-Compassion



1. Supportive Touch

- Give yourself a hug
- Rock back and forth
- Hand over your heart



2. Take a moment to pause

- What do I need?
- Check-in and listen
- Take a few deep breaths



3. Treat Yourself Like a Friend

- Be nice!
- “How human of you”
- Use kind words to yourself

When You Learn to Work with Your Inner Critic...

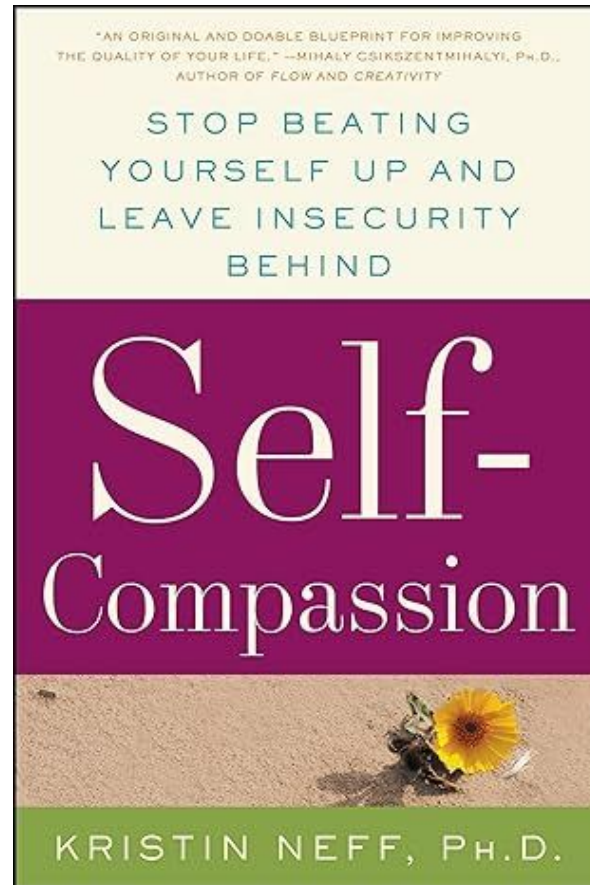
- You operate better under pressure.
- You make decisions with greater intention and groundedness.
- Mistakes don't derail your progress or define your leadership.
- You become a more effective leader.

What This Looks Like With Your Team (what it can look like when you take the cape off)

This is where **self-compassion becomes a leadership skill**, not just a “soft skill”

- You **remember** your own humanity when you make a mistake. Letting it become a small 30s blip instead of spinning out all day.
- You model for your team that **mistakes are human** so stop spinning out too. You create a culture of learning & growth.
- Your **capacity** for dealing with hard things increases. It's no longer causing high stress and health issues. Your team feels more comfortable coming to you.
- You become a more **relatable** human and leader.

Resources



Thoughts and Questions?



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.

WANT TO VOLUNTEER?

Type in “**I volunteer**” in chat or comment!



Coaching Prompts:

Identifying your inner critic. What does it feel like? Sound look? Look like?

What scenarios make you take out your your super hero cape? What's the cost?

What kind of leader do you want to be?

After this Session

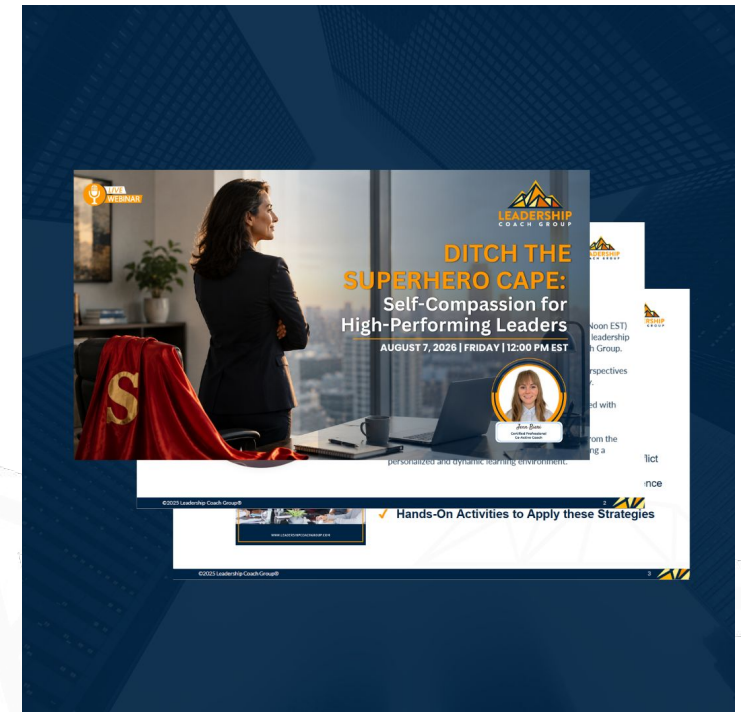
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We Welcome Your Feedback

Coming up next for LCG Open Coaching

Back-to-School: Creating a Culture of Learning and Leadership at Home



Friday, September 4, 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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