Michelle Anne

EXECUTIVE COACHING

THE SCIENCE OF LEADING UNDER PRESSURE

Forged Under Fire: Executive Coaching

When you need a confidential sounding board scientific insight and fewer blind spots.

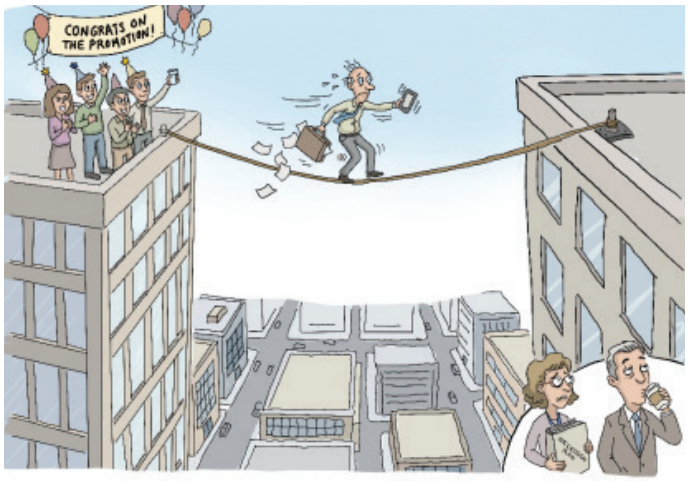
Great leaders don't fold under pressure—they think clearly, build teams people want to stay on, and make decisions that last.

While chronic stress narrows our options and impairs problem-solving, top leaders train themselves to override default reactions and stay open to possibilities—a capacity that retains talent and protects decision quality.

High-potential and senior leaders engage coaching when the stakes are high, seeking a confidential thought partner to pressure-test ideas, surface blind spots, and ground efficient approaches in evidence.

Forged Under Pressure is a confidential, 10-month one-on-one coaching engagement designed around the exact timeframe neuroscience shows it takes for new leadership traits to wire and hold.

- **Establish the Baseline:** Every engagement begins with the Pressure Profile, a suite of scientific tools measuring neuroception, blind spots, derailers, mindset, burnout, and emotional intelligence.
- **Drive Lasting Change**: Over ten months, leaders build the real-time capacity to stay sharp and strategic under intense load.
- **Prove the ROI**: Confidential pre- and post-assessments measure and document tangible growth, giving leaders and organizations clear proof of what has shifted.



"HE'LL FIGURE IT OUT"

WHAT'S INCLUDED

- **Measure tangible ROI** with confidential Pressure Profile pre- and post-assessments and reporting.
- **Accelerate leadership growth** through confidential, bi-weekly one-on-one coaching sessions.
- **Get real-time backup** with unlimited email and short-call access when the stakes are high.
- **Reinforce lasting habits** using evidence-based research, playbooks, and reference materials.

THE BUSINESS CASE

- **Protect decision quality** when margin for error is small
- **Reduces volume of stress / conflict** that reaches HR
- **Lowers the risk** of losing high-potential + senior talent
- Delivers confidential pre/post **reports you can defend**

"I'm up in alaska waiting on a plane waiting for the weather to clear. I have just gone through the hardest 2.5 months of my career. Just wanted to let you know I don't think I would have survived without the skills you have given me.."

- Ken Tu, U.S. Forest Service
Project Lead, Regulatory Team

FOR MORE INFORMATION
Contact us at michelleanne.com