Michelle Anne

WORKSHOP

THE SCIENCE OF LEADING UNDER PRESSURE

If You Give a Manager a Meeting…

Cut meeting overload, compounding stress, and team burnout. Without slowing the work.

WORKSHOP

Managers are trapped on a daily hamster wheel—burned out, unengaged, and watching productivity drop.

It starts with one stressed manager and one meeting—followed by a pre-meeting, a follow-up, a Slack thread, and a reply-all chain. By Friday, the whole team is anxious, behind, and can't remember the last time they did focused work.

Stress is contagious. Research on emotional contagion proves a leader's mood spreads through a team, directly impacting cooperation and output. A pressured manager passes panic down the line one calendar invite at a time.

The Goal: Fewer meetings. Less toxic contagion. Higher output.

Led by neuroscience-based executive coach and published cartoonist Michelle Anne (Smoogi, Triangle Man), this live workshop uses original cartoons to show how pressure travels through a team—and how to stop it cold:

- **Science That Sticks**: People laugh, recognize themselves, and remember the cartoon long after they forget a slide.
- **Humor That Wires Habits**: Laughter lowers stress enough for new habits to stick.
- **Immediate Execution**: Managers leave with practical tools to protect focus, run sharper meetings, and pass calm down the line instead of panic.



PARTICIPANTS REPORT

- **Fewer, shorter meetings** with clear outcomes
- **Lower stress** and more time for deep, focused work
- **Higher output** alongside stronger team engagement
- "I'm surprised—life actually feels better."

LOGISTICS

- 1/2 day experiential workshop, virtual or on-site
- Playbook, workbook, and reference materials
- Original cartoons by Michelle Anne
- Pressure Profiles available as a follow-up

"Each time we do team development training with Michelle it is an hour well spent. I always take away something to think about that makes my work and personal life better"

- Participant,
Office of Natural Resources Revenue

FOR MORE INFORMATION

Contact us at michelleanne.com