Michelle Anne

WELLNESS PROGRAMMING

STRESS, PERFORMANCE AND PRODUCTIVITY

Stress Mastery

On-going Stress Management and Leveling-Up Your Mindset

Chronic stress is silently costing your organization safety, judgment, and output.

Unchecked stress fuels accidents, bias, and conflict while draining capacity. Research from Viktor Frankl and Barbara Fredrickson shows resilience comes from choosing your response and actively undoing stress's physical toll. In Michelle's prior work, a **30% drop in stress correlated with a 30% jump in productivity**—recovering **$30,000 in annual output per $100,000 employee.**

Pressure Mastery is an evidence-based framework engineered for long-term trait change—not temporary relief.

Blending neuroscience, logotherapy, positive psychology, cognitive tools, and yogic practices, participants:

- **Apply tools live** in class and reinforce them with practical home resources.
- **Build lasting resilience** via methods proven across federal agencies, healthcare teams, and schools.
- **Prove measurable ROI** with optional pre- and post-assessments.

Flexible Delivery: 10-minute email brain hacks, 30–60 minute live/virtual workshops, ongoing programs, or crowdsourced wellness subscriptions.

Led by **Michelle Anne, PCC** (Institute of Coaching Fellow, McLean/Harvard; Diplomate, American Institute of Stress), combining Harvard training in neuroscience and psychology with 30 years of coaching federal and Fortune 100 leaders.

WHO IT FOR

Built for corporate managers, high-potential leaders, healthcare teams, first responders, cancer patients and caregivers, and any group operating under sustained load where stress threatens judgment and performance. Ideal for organizations seeking practical tools and measurable gains in focus, resilience, and productivity.



KEY TAKEAWAYS

- **Shift from reaction to possibility** with personal stress profile.
- **Interrupt stress in real time** before it hijacks focus.
- **Restore clear judgment** and protect performance under load.
- **Build lasting resilience** with skills that transfer immediately.

"I have taken so many courses on dealing with difficult people, conflict resolution, stress reduction and resilience, but nothing comes even close to the benefit that I received working with Michelle."

— Christine Farris,
Legal Affairs, Office of Hearings and Appeals, National Appeals Division

FOR MORE INFORMATION
Contact us at michelleanne.com