



Learn the Secrets of

A Stress-Free Leader..

And use them

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HABITS FORMED OVER A LIFETIME

CHANGED IN 7 WEEKS



An Individual thing

Leaders face unique stressors that can significantly impact their well-being and performance. Constant pressure to meet targets, handle team dynamics, and navigate organizational changes often leads to chronic stress. This stress can result in burnout, reduced decision-making capacity, and strained relationships, both professionally and personally.

Physiologically, prolonged stress triggers increased cortisol levels, weakening the immune system, and heightening risks of cardiovascular issues. Mentally, it can cause anxiety, depression, and fatigue, reducing productivity. Unaddressed stress also fosters disengagement and high turnover, creating a cycle of inefficiency.

Implementing stress reduction strategies, such as mindfulness, time management, and delegation, is crucial to protecting managers' health and enhancing workplace outcomes. This program addresses all of the above.

When you become a stress-free leader, your calm, confident presence sets the tone for your team. Employees mirror your approach, fostering a culture of focus, resilience, and productivity. Decision-making improves, collaboration strengthens, and overall morale rises. A composed leader earns greater trust and respect, encouraging employees to take ownership, innovate, and perform at their best. Stress-free leadership isn't just beneficial for you—it transforms the entire workplace, creating a thriving, engaged, and high-performing team.



Practiced and Prolonged

Self-control

Can be harmful

Sound Familiar?

Managers and executives often lack safe spaces for open dialogue.

Subordinates may misinterpret concerns, peers may see vulnerabilities as weaknesses, and bosses could view issues as incompetence.

This isolation leads to bottled-up stress, poor decision-making, and burnout, underscoring the importance of trusted, external coaching or advisory support for balanced perspectives.

"Speak when you are
angry, and you will
make the best speech
you will ever regret."

Spot triggers as they
occur!





An Individual Accepts or Overcomes

The Stress-Free Leader: Growth Program

Transform your personal and professional life with **The Stress-Free Leader Growth Program**. Over the coming months, you'll build even more resilience, further enhance relationships, and align your career with your personal goals through Positive Intelligence practices and tailored coaching.

The PQ approach is straightforward:

- Follow the program
- Do the work
- Be genuine and vulnerable
- Talk about experiences and challenges
- Practice and Apply
- Enjoy the journey



The Stress-Free Leader: Thrive Personally and Professionally 12 Month Program

Core Program: Positive Intelligence (PQ) Fundamentals

1. Introduction to PQ

- Science of mental fitness and its impact
- Assessing self-sabotage vs. mental strength

2. Mastering Saboteurs

- Identifying internal saboteurs (e.g., Avoider, Hyper-Achiever)
- Strategies to neutralize negative patterns

3. Building Sage Mindset

- Developing empathy, innovation, and focus
- Using the Five Sage Powers for resilience

4. Mental Fitness Practices

- Daily PQ reps for growth
- Incorporating mindfulness and visualization

Application of Modules

1. Stress-Free Leadership

- Managing stress and decision-making under pressure

2. High-Performance Teams

- Enhancing team trust, communication, and collaboration

3. Resilient Leadership

- Overcoming setbacks and cultivating growth

4. Work-Life Integration

- Aligning values with goals; avoiding burnout

5. Emotional Intelligence

- Leveraging self-awareness, empathy, and influence

6. Productivity and Focus

- Reducing distractions and prioritizing critical tasks
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Program Delivery

- **7 Weekly Sessions:** Live/virtual (60 min), interactive learning
- **Self-Guided Learning:** App with daily exercises, recorded lessons, and tools
- **Quarterly Check-Ins:** Customized coaching and progress evaluations
- **8 Monthly 1 on 1:** Deeper dive into Growth and Self-Actualisation in Career, Relationships and Mental Fitness and Strength. **"Talk Time"** - Executives are Insular - a space outside of the work environment

Investment : On Application