



## Contact Me

**Annette B. Czernik, PCC**  
Robert-Blum Str. 7  
60385 Frankfurt am Main  
Germany

☎ +49 162 240 4002  
@ Annette@Inspired-Executives.com  
📧 Annette.Inspired-Executives



### Annette's qualifications and professional designations

- Professional Certified Coach (PCC) and Mentor Coach, International Coach Federation
- Certified Story Coach™
- Energy Leadership Master Practitioner™
- Graduate Institute for Professional Excellence in Coaching (iPEC)
- Variety of assessment tools including the MBTI®, LIFO®, DiSC®, ELI-MP™, and Lominger Voices™.



Annette through the eyes of her niece (7)

**Coaching with me** invites you to a unique discovery tour. The journey will lead us into the depth of your concerns, the sources of laughter and energy, along the solution rock and via an obstacle course to the milestone that you have defined as your goal. I will hold you accountable for completing your assignments that are required to find your truth and your story. We will take a detour only when the road is closed, otherwise we stay on the highway and deal with traffic blocks when they occur. Be prepared for some bumps in the road and a lot of beautiful views and perspectives. I strive to create a diversified experience for you that takes you safely to your core and where ever you want to go from there.

### The Inspired Executives' Leadership Philosophy

- Leaders are made, not born. Everyone is a leader in their lives. Leading others starts with leading yourself. Leaders emphasize their self-development.
- Leaders who enhance their awareness have the greatest impact as they actively manage the congruence of intention, action and perception.
- Leaders who choose to express their most valuable qualities, enable change and have a bias for action.
- Leaders infuse organizations with inspiration and energy that move people forward.
- Leaders choosing to constantly focus on people and clarity achieve direction, alignment, commitment and results.



[www.inspired-executives.com](http://www.inspired-executives.com)



## Developing Leaders Managing Stress & Building Resilience Coach Program & Quick Tips

**Inspired Executives | Annette B. Czernik, PCC**  
Robert-Blum-Str. 7 | 60385 Frankfurt am Main | Germany  
☎ +49 162 240 40002  
@ Annette@Inspired-Executives.com  
📧 Annette.Inspired-Executives



## 10 Quick Tips for Managing Stress

1. **Reduce distractions.** Reading emails all the time, or always being available for informal chats costs a lot of attention and energy. Instead, focus on your priorities. Working from home once a week could help.
2. **Lead, follow, and get out of your own way.** Radically accept and embrace your circumstance. Then take action and go for a small win.
3. **Visualize calm and breathe deeply.** Close your eyes and imagine your safe place or having a hot shower. Take in the sights, sounds and smells; and breathe easily from your diaphragm.
4. **Limit your pity party to 10 seconds.** Don't wallow in self-pity; it increases your feeling of stress and helplessness. Get out of your victimhood by focusing on what you can do and influence. And crack on.
5. **Use the magic word – and just say NO.** Be clear about your boundaries, and stop trying to please everyone.
6. **Smile. Put a big grin on your face.** Your brain processes the nerve impulses so that you almost instantaneously feel better.
7. **Talk to a friend.** A problem shared is a problem halved. It's hug time!
8. **Take a walk.** Step outside for 10 minutes or just go to the bathroom or the coffee lounge. It enhances circulation.
9. **De-clutter your life.** Become aware of how your thoughts and emotions drive your actions. Enhance your awareness on your energy sources and energy killers; identify emotional baggage and areas of procrastination.
10. **Get back to physical basics.** Ensure a healthy amount of sleep. Switch to decaffeinated coffee or have an herbal tea that helps ease some of the tension. Make sure you drink sufficient mineral water. Limit the amount of sugar in your diet. Remember: Leaders are not created from coffee and donuts.

## 10 Resilience Boosters

1. **Pause and focus on your own needs.** Notice which emotions arise and what you say to yourself in an unfamiliar situation.
2. **Manage your energy and make friends with your body.** Resilient people take a holistic perspective on their mind, body and emotions. When they are confronted with ambiguity, anxiety, and a loss of control that accompanies change, they tend to grow stronger from the experiences, rather than allowing themselves to be depleted.
3. **Clear your life's backpack from superfluous weight.** Resilient people approach life as meaningful, and their optimistic view lets them see each new day as providing a new set of opportunities and choices. Be proactive, and understand when to ask for help.
4. **Tame your inner driver for more balance.** Explore your value system and identify your personal sense of direction on which you can rely to make choices.
5. **Set and preserve boundaries.** Rather than assuming your first answer is the solution, suspend judgment if you are in the middle of a change.
6. **Actively manage and resolve conflict.** Use organized, structured approaches when managing ambiguity.
7. **Focus on your sphere of influence and use it creatively.** Rather than assuming your first answer is the solution, suspend judgment if you are in the middle of a change.
8. **Nurture relationships: your friends and support network.** The quality of your relationships with other people influences how emotionally resilient you can be in the face of an emotional or physical crisis. In general, the more quality social support you can draw upon from family and friends, the more flexible and resilient you can be in stressful situations.
9. **Tap into your inner resources and stay calm.** Maintain a clear sense of purpose for long-term goals and priorities.
10. **Keep an optimistic outlook on life.** Develop a focus for the positive.



## Coach Program "Managing Stress & Building Resilience"

**Goals.** All organizations in today's workplace are working to keep up with a busy pace and ensuring that goals are met and shareholders are considered. To best benefit from a productive workforce, their employees need to understand not only how to manage stress, but to respond with resilience when faced with challenges.

- Identify why stress happens and how it affects you
- Recognize thinking errors and performance interfering thoughts
- Discover your unique stress profile
- Learn new stress control approaches and how to utilize these stress reduction methods
- Develop a range of individual strategies and techniques to tackle stress and to be able to exhibit grace under fire
- Focus on time / life leadership, change management and conflict resolution to eliminate many root causes of stress
- Explore what it takes for you to face personal and professional challenges without losing steam (aka building resilience)
- Learn what matters most for now and for the long term to get better results and achieve without depleting yourself.

**Benefits.** Enjoy the opportunity to maximize your productivity; boost your motivation and creativity; and improve your health and mental well-being:

- Reflect on your default behavioral stress pattern, to ensure you can avoid pitfalls and give your career a positive twist, important to many first time managers
- Every change or transformation in the outer world presents potential stress triggers that call for a resilient response; coaching helps aligning your inner purpose with outer challenges and goals
- As a leader you benefit from identifying, acknowledging, and managing energy blocks for enhanced leadership skills, authenticity, confidence and executive happiness.

**Features.** Three-tier approach helps you take a proactive role in managing your stress and building your resilience muscle via the Inspired Executives Workbook, Webinar, and Coaching Sessions:

- Education on latest research on the causes and solutions of stress as well as the dimensions of resilience
- Self-awareness to identify the current stress levels, energy sources, derailers and coping mechanisms via the Energy Leadership™ assessment and stress management questionnaire
- Experiential exercises to reinforce a positive lifestyle change, e.g. on values and communication, de-cluttering life, motivation, trust, roles, competencies, skills and more.

**It starts with you!**

**Related Blogs** [www.inspired-executives.com](http://www.inspired-executives.com) > News



- Self-Control and What it Takes
- You Stressed? Take Control! (plus free download 'The Effects of Stress on your Body')
- What's your Leadership Response to a VUCA World?
- Dealing with Hardship and Stress: Are you Resilient or Tough enough?