



Unshakeable

Coaching for smart, capable leaders who know how they want to lead - but need their emotional response to stop getting in the way.

You know logically why you're feeling a bit wobbly. You'd probably tell someone else exactly what to do in your situation, in about thirty seconds flat. But in certain work situations your body is still reacting like you're under threat. We can work with that - coaching with me speaks to your emotional work life, as well as your intellectual brain!

Any of these sound familiar?

- A name appears in your inbox and your stomach lurches before your brain's even caught up.
- You've rehearsed the same conversation four times this week - so much band width to what end?
- You've stopped yourself applying for a role you are, on paper, completely ready for.
- You're leading a team through change whilst privately wondering if you can cope with your own response to it.
- You're back at work after a big life event, like parental leave, and don't quite recognise who you are professionally anymore.
- An old boss's voice is still, somehow, lingering in your head saying you aren't strategic enough, have no gravitas, or are 'too emotional'.
- You've tried the books, the podcasts, the reframing, the "just let it go" - and yet your confidence still wavers.
- You're exhausted, a bit ashamed that something "this small" has this much power over you, and you know that shame is making it worse (plus you know this much chronic stress is not good for your health!)

You're not on the floor. You're performing well - probably very well. That's exactly why this is so annoying: you're clever enough to know that whatever it is which is getting in the way shouldn't have this much power over you.

Well, all this sounds very normal AND we can do something about it!

You can't think your way out of an emotional response

You've probably already tried the books, the podcasts, the CBT models, the "just reframe it" advice, the deep breaths, the pep talks and maybe these helped to a degree. But the same patterns keep popping back up, frustratingly. That's because this isn't something to move past using your smart thinking brain. No model, however good, works when your body has already decided you're in danger and you are living on your nerves.

Coaching with me is a blend of my 15+ years of coaching leaders around the world, emotional processing using Emotional Freedom Technique (EFT) to process the hard emotional stuff, and practical tools from The Resilience Dynamic® so you can build a practice that supports you emotionally, and physically, long after our coaching has ended.

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"I wasn't sure that the EFT would work, but I honestly cannot tell you what a difference it made - immediate and lasting. I felt able to explain a really difficult situation without worrying about judgement, and I felt my body relax, like I was really able to move past it."





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What changes?

After this blend of coaching and EFT, you can, for example:

- Encounter the difficult person without being emotionally ambushed.
- Regulate yourself before, during and after a hard interaction.
- Think clearly in the meetings that actually matter.
- Respond intentionally instead of being hijacked by adrenaline.
- Know what belongs to you and what belongs to someone else.
- Trust your own judgement again.
- Make decisions from clarity, not fear.
- Apply for the role, enter the room, lead the transition.
- Feel proud of yourself as a leader again - not just competent.
- Have more energy left over for the people you love, and model something healthier for the people watching you (your team, your kids, both.)

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“I truly loved working with you. You were friendly, supportive, non-judgemental and full of positive energy. No matter what I said (following months of built-up emotion and resentment!), you never once judged me for feeling a particular way; you just let me feel it and then encouraged me to let it go and let something more positive in. Such a positive and transformative experience - I look forward to working with you again in the future.”

How we get there

This isn't generic leadership coaching or open-ended therapy. It's focused, practical work on how you feel right now. Every client has different needs and priorities, and that's where we begin, but we might, as an example:

- 1. Lower the charge** - We create space to say the unsayable and process what's actually happened, working with your body's threat response as well as your thinking. All your emotions are welcome!
- 2. Understand the trigger** - We work out what the current situation is really activating, and why the sensible strategies haven't shifted it.
- 3. Recover your clarity** - You start seeing the person, the transition or the opportunity more neutrally - without minimising what happened, but without the drama.
- 4. Navigate the situation** - Practical tools for the specific interactions, boundaries and communications you actually need. Not simply “take your emails off your phone.” Real strategies that we create together.
- 5. Lead what comes next** - You leave feeling equipped for the next challenge: a difficult person, promotion or high-pressure period. Because there's always a next one.

There's always another storm on the horizon, isn't there? It's just that the next one won't have the same power to knock you off course.



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Jen's coaching has made me feel strong and in control of my life in a way I never have before. It amazes me how by asking just a few careful questions she's enabled me to find complete clarity over what it is I need and what it is I need to do next. I've had the confidence to take some big steps, and in a way that has felt right for me and the people around me. If you're feeling stuck I can't recommend Jen's coaching highly enough.”





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Is this approach for you?

Unshakeable is for smart, self-aware, high-performing leaders who are already regarded as talented and capable (part of you knows this is you even if you don't 100% believe it.) However senior you are - and I've done this work with CEOs, directors and middle managers - you've usually solved every problem so far through emotional intelligence, intellect and putting in a lot of hours, and you've just hit the one kind of problem that doesn't respond to any of that.

You might be dealing with:

- **The work nemesis** - one boss, peer or stakeholder is making your working life unbearable, and their name in your inbox gives you an actual adrenaline spike.
- **The confidence hangover** - the difficult relationship from your past, or the redundancy or restructure is technically over, but the emotional scars are still rattling around informing current decisions.
- **The progression push-pull** - everyone thinks you're ready for the next step, and part of you does too, but the other part just wants to go and live by the beach and knit, read books and drink nice coffee (totally legit!)
- **The identity crisis** - you're back after leave, into a bigger role, or leading through a restructure, and you don't quite feel like yourself professionally and haven't worked out how to integrate how you are inside and outside of work so it feels ok.

This probably isn't the right fit if you're looking for generic resilience training, or you want to talk about the challenges only intellectually without acknowledging the emotional impact. Or if you're actually burnt out and what you really need is time off work.

The practicalities

- A six-month, 1-1 coaching programme. Monthly 90 minute coaching sessions via Zoom or in person, accountability and emotional check ins in between times (not co-dependence, but partnership.)
- Your own Emotions & Behaviours at Work (EBW) diagnostic report to give you new insight and tools to navigate the challenges.
- Access to my leadership development resources to dip into, so we don't spend time in our conversations discussing models!

Ready?

You know what's needed. Let me partner with you so we can work through this together! It's hard holding it all on your own! Email: jennifer@mccannacoaching.co.uk or book in a call to discuss.



MY QUALIFICATIONS

As an ICF accredited coach to PCC level, I have been coaching leaders around the world since 2011. I realised, around the time of the pandemic, that pure coaching was no longer doing the job I needed it to do to support clients navigating incredibly stressful, emotional work situations, so trained in a technique I've used myself for decades - Emotional Freedom Technique (EFT) - as well studying with The Resilience Dynamic® once I'd seen their practical approaches for managing energy and capacity have a transformational impact with groups of front line leaders in a social care setting.

As well as being trained as a leadership coach, I've undertaken CPD in career coaching, team coaching, neuroscience and mental health first aid.

I've worked across the public, charity and corporate sectors for clients such as Department for Education, HSBC, The UN Refugee Agency, Elysium Healthcare, Sheffield City Council, Oxfam, Pancreatic Cancer UK and many companies and charities of all sizes.

I am the host of the podcast My Emotional Work Life which is available wherever you get your podcasts.

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