



Unshakeable: Coaching for the leader you don't want to lose

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“Jen is a fantastic coach; flexing between coaching and EFT to help me unlock and work through the challenges I was facing. After a couple of sessions, I was able to walk away with new tools and perspectives. I would recommend Jen to anyone who would like to proactively change the way they tackle challenges, in a supportive and friendly environment.”

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“I went into the EFT session not knowing what to expect, but I was so anxious that I thought there was nothing to lose by giving it a try. And I was blown away by the result. Within a few hours after our session the anxiety was gone and, once again, I felt calm, confident and creative. It was incredible how quickly my mindset and emotions shifted. I would definitely do these sessions again and recommend it to anyone who is willing to listen!”

You've got someone on your team who is genuinely good at their job. Everyone can see it. But something is getting in the way of what they are capable of: a difficult relationship, a knock to their confidence, a promotion they don't feel ready for, a restructure they found exhausting to lead, a return from parental leave that is taking longer to adjust to than they'd thought.

This is not a skills gap or a performance issue. They are experiencing an emotional response to a specific, challenging work situation (past or present), and no amount of “just be more resilient” or absorbing more leadership knowledge is going to help.

Some of the risks (which you are only too aware of!)

- A dysregulated leader makes decisions from a place of emotion, that lead to more issues down the line.
- Tension from one unhappy leader spreads to their team, their peers, their stakeholders: focus strays away from delivery into managing tense relationships and that sucks everyone's energy.
- High-potential talent opts out of the promotion everyone expected them to go for because something is causing them not to feel ready.
- A valued leader leaves the organisation because of one unresolved relationship: you lose institutional knowledge and hard-to-replace talent, then pay to replace it anyway.

What is Unshakeable?

My approach differs to straight 1-1 executive coaching, as it incorporates emotional freedom technique (EFT), a therapeutic approach to process the emotional fallout of a situation, before we get into the coaching work of practical solutions, managing our energy and building our capacity and agility as a leader. With this extra dimension leaders become unstuck from unhelpful emotional loops, and have the clarity, perspective and confidence to lead effectively.

This is timely support for a valuable and valued leader whose capacity, contribution or retention is genuinely at risk. (It is not a remedial intervention for a leader who is failing or who has become unmanageable.)

How Unshakeable is different to straight leadership coaching:

Over six months, I work with your leader to:

1. Lower the emotional charge around whatever it is that is impacting them right now.
2. Understand what it's actually activating (and why “just think differently about it” hasn't worked.) This is about giving space for their emotional response – something that doesn't always feel appropriate for conversations with an internal colleague.
3. After clearing the decks, clients are able to recover clarity and perspective, we use an Emotions & Behaviours at Work diagnostic to help them understand their own leadership style and strengths and work through how they can manage their energy so they can adapt their style when it's needed.





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“Jen is a kind and thoughtful coach with a great way of helping you access your truth, even in the depths of overwhelm. She helps you reach insights that transform your thinking, and in turn propels you to (appropriate) action. I went from anxiety to assuredness in just one session and am so grateful to her.”

For more testimonials [click here](#).



4. We prepare practically for the specific people, meetings and moments that might prove challenging.
5. They use proven tools and methodology to build the capability and sustainable energy to handle the next challenge – because in leadership, there's always a next tricky situation or relationship to navigate.

What changes

With renewed clarity and space to think, having processed some emotional fallout from the past or present situation, your leader is more energised to look forward once again. With new tools and approaches to manage their capacity, they are better equipped to think clearly under pressure, make decisions from clarity rather than fear, and show up as the leader everyone around them knows they have the potential to be.

The practicalities

- 6 x 90 minute coaching calls – over Zoom or in person, together with a personalised [Emotions & Behaviours at Work](#) report and access to my online resources 'From Frazzled Boss to Inspiring Leader'.
- Support in between time as needed, via email.

Cost £3595 + VAT (£1800 + VAT for registered charities/public sector bodies)

Get in touch

Email: jennifer@mccannacoaching.co.uk or [book in a call](#) to discuss whether my approach will work for your colleague.

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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