FAST CHANGE TAKES A TOLL ON YOUR HUMAN NERVOUS SYSTEM

Too Much Coming At You

- Your brain is flooded with decisions, updates, and constant information
- This overload makes it hard to focus, think clearly, or prioritize what matters most

Emotions Running High

- Stress makes it harder to stay calm, communicate clearly, or connect with others
- Leaders and teams can become irritable, anxious, or withdrawn — and trust suffers

Always in Go Mode

- Your body may stay stuck in stress gear — like the gas pedal is always pressed
- If you don't get enough recovery time, tension, fatigue, and burnout build up fast

No Time to Reset

- Busy schedules and digital overload throw off our natural rhythms
- Without moments to slow down, breathe, or move, we lose energy and creativity

Feeling Unsafe — Even When You're Not

- Fast change can make situations feel unsafe — even when we're not in danger
- That can lead to impulsive behaviors, rather than thoughtful responses

When the stakes are high, success isn't optional.

If you're feeling the strain of fast change, chances are your team feels it as well.

So here's the challenge: Getting your people to navigate relentless change without breaking down or burning out

Powerful Under Pressure equip leaders and teams with the mindset and skills to operate effectively together — **no matter what comes their way.**

POWERFUL UNDER PRESSURE

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