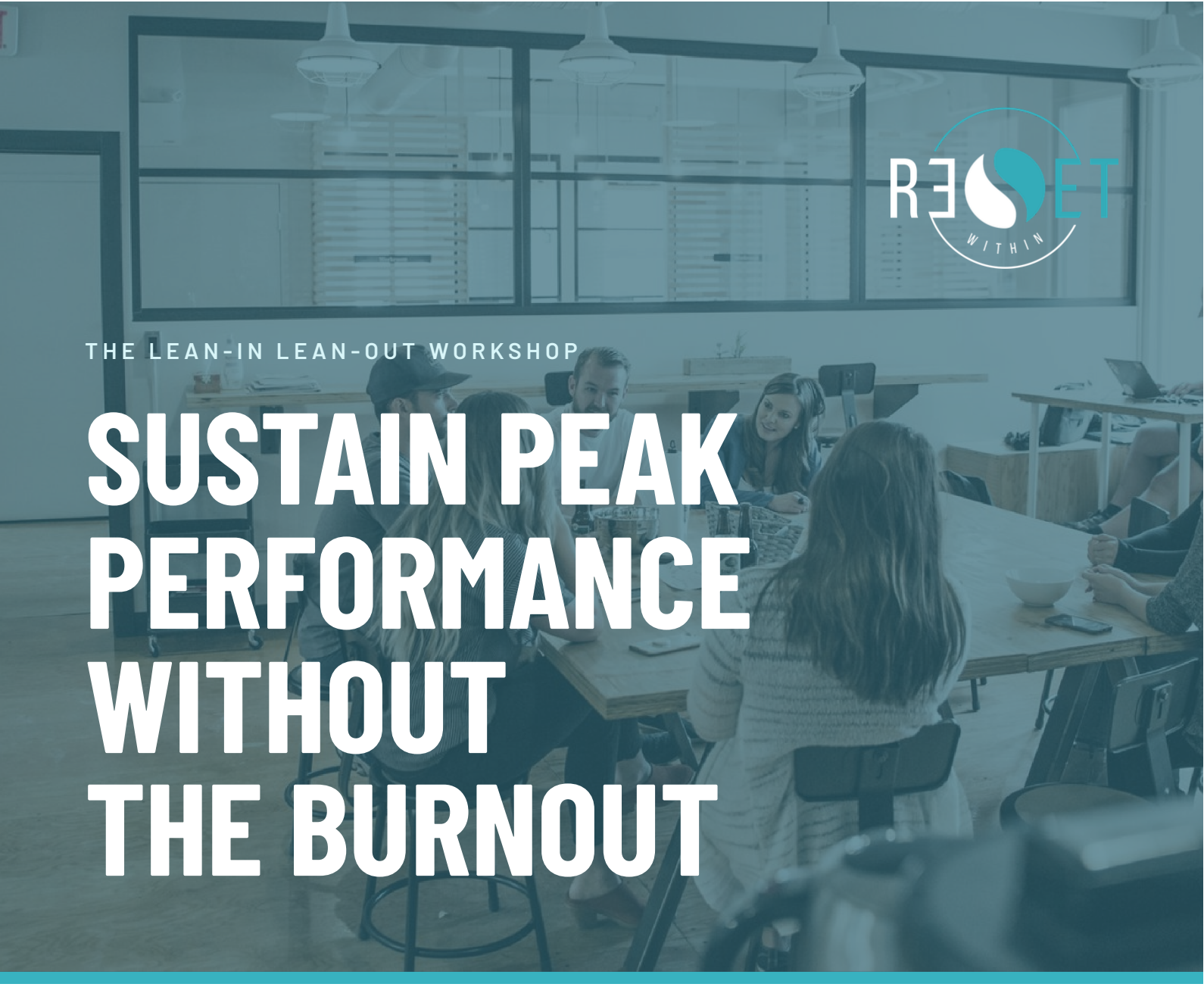


THE LEAN-IN LEAN-OUT WORKSHOP

# SUSTAIN PEAK PERFORMANCE WITHOUT THE BURNOUT

Practical tools to keep your leaders calm, clear and focused under pressure.

CALM | CLEAR | FOCUSED

PRESENTED BY **CHRIS MAHONEY**
AUTHOR OF *RESET*

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# THE LEAN-IN LEAN-OUT WORKSHOP

## The hidden cost of constant pressure

In high-pressure environments, staying calm, clear and focused is a competitive advantage. Most high-performing teams are excellent at **leaning in**: driving, delivering and pushing through. Very few have the tools to **lean out** for perspective. When people run at constant intensity, the results are predictable:

- Mental noise and overthinking
- Reactive communication and conflict
- Narrowed strategic thinking
- Fatigue that quietly erodes performance

## Know when to push, and when to pause

### LEAN IN

Engage, decide and deliver with full energy when the moment calls for it.

### LEAN OUT

Step back, regulate the nervous system and regain the perspective to lead well.

The Reset Workshop gives your team practical, science-based tools to reset their system, so they lead from steadiness and clarity rather than exhaustion.

## The three pillars of the Reset

### 1. CALM

Steady the system to handle conflict and high-stakes pressure without defaulting to reaction.

### 2. CLEAR

Cut through mental noise to see the priorities and the strategic path forward.

### 3. FOCUSED

Channel energy into the work and relationships that genuinely move the needle.

**IDEAL FOR**

- Executive & leadership teams
- Deadline-driven teams
- Offsites & planning days
- Conferences

# WORKSHOP OPTIONS

Three formats, one outcome: leaders who stay steady, think clearly and perform sustainably.

## 90-MINUTE RESET

**$2,310 + GST · Up to 20 people**

| | |
|---|---|
| FOCUS | Shifting state under pressure. |
| EXPERIENCE | A practical introduction to moving out of urgency and overthinking and back into a decision-ready state. |
| OUTCOME | A grounding session that settles the mind, so leaders step into their next priority with immediate perspective and clarity. |

## HALF-DAY RESET

**$3,300 + GST · 3 hours · Up to 20 people**

| | |
|---|---|
| FOCUS | Communication, stress-mapping and self-regulation. |
| EXPERIENCE | A deeper dive into how pressure shows up during deadlines and conflict, and how to stay present in difficult conversations instead of shutting down or reacting. |
| OUTCOME | Practical tools to stay calm and present under pressure, release built-up tension and return to focused, strategic thinking. |

## FULL-DAY RESET

**$4,200 + GST · 6 hours · Up to 20 people**

| | |
|---|---|
| FOCUS | A complete system reboot for leaders who operate under constant demand. |
| EXPERIENCE | A progressive sequence of practices that releases persistent stress patterns and resets the baseline. |
| OUTCOME | A step-change in how leaders show up: emotional steadiness, sharper decision-making and more present, connected working relationships. |

All prices exclude GST. Larger groups or a tailored program? Let's talk.

# ABOUT



## Chris Mahoney

**COUNSELLOR · PERFORMANCE COACH · BREATHWORK FACILITATOR**

Chris Mahoney is a counsellor, performance coach and qualified breathwork facilitator trained in the Owaken method. He works with executives, leadership teams and high-achievers to build the capacity to perform under pressure without burning out. Blending counselling insight with practical, science-based breathwork, Chris gives leaders tools they can apply immediately to regulate stress, communicate with clarity and make better decisions. He is the author of *RESET: Quiet the noise and act with calm and clarity using the Lean In / Lean Out method*.

### WHAT LEADERS SAY

> This was a great session, and we are all talking about Lean In and Lean Out daily. It makes so much sense and brings immediate clarity to discussions. I don't know how we managed without it! It's now a shared language within our team and is helping leaders empower their people.
>
> **Peter McKendry, CEO, Co-Group**

> Chris made it so practical and easy to apply. This isn't just theory, it's embodied learning. This workshop has been one of the most powerful and transformative things I've ever done, both personally and professionally.
>
> **Kirstie W., Psychologist**

### HOW TO BOOK

**1. Discovery call.** A short chat about your team and what's creating the pressure.

**2. Choose your format.** 90 minutes, half day or full day, shaped to your goals.

**3. Lock in a date.** Secure your session before the calendar fills.

# READY TO RESET YOUR TEAM?

Now booking 2027. Build calm and clarity into your performance strategy.

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