

Grace-Fueled Growth

A Primer

How to close the **grace gap**, reframe *stress*, and **unlock thriving teams**

Equipping leaders to trade old habits for grace-fueled practices that unlock people and performance.



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Workplace toxicity isn't just
the *presence* of bad behavior.
It's the *absence of grace*.

When pressure, perfection,
or power take over,
humanity gets lost.

Cultures fracture.
Growth stalls.



*The **Culture Health Scan** reveals where humanity is missing—and where growth is at risk.*

Every workplace has a Grace Gap

Where is your widest gap?

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The **Solution**

Fuel Growth *with*

**FANATICAL
GRACE™**

The *Fanatical Grace* framework
equips leaders to trade survival-
mode tactics for thriving,
grace-fueled strategies.

By shifting from toxic traps to human-
centered practices, leaders unlock
accountability, spark innovation, and
fuel lasting growth.

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THE GRACE PERIOD

**Where Humanity
Lives. Period.**

In grace-fueled cultures,
humanity closes the gap
and powers both *people &*
performance.

The grace period never ends.

It expands.

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Reframe Stress

12 daily habits *to meet stress with **grace**, not more stress*

Reset
the body

Breathe

for 5 seconds or 5 days; you decide

Pause

to create space before reacting

Ground

anchor with your senses

Shift
the mind

Control what you can

and release what you can't

Time travel

imagine how your future self sees this

Gratitude shift

name one good thing that is true

Check
the story

Get curious

get the facts before you act

Shoes exercise

step into the other person's perspective

Mirror exercise

ask: "How did I contribute to this?"

Lean
on connection

Talk to a friend

for a safe space to ground yourself

Ask for perspective

ask for honest feedback

Serve others

help someone on purpose

A man with short brown hair, wearing a dark blue blazer over a black shirt, is smiling and looking towards the right. He is positioned on the left side of the frame. The background is a dark, textured brick wall. In the top right corner, the letters 'AU' are displayed in a large, bold, yellow font, with a horizontal yellow line underneath. Below this, the name 'ALAN DEREK UTLEY' is written in a smaller, yellow, sans-serif font, stacked in three lines. In the center, a dark blue rectangular box contains the text 'ACTIVATE FANATICAL GRACE™' in yellow, followed by 'to transform culture and multiply growth' in white italicized font. At the bottom, the text 'Keynotes • Workshops • Coaching' is written in white, and a thick yellow brushstroke underline is positioned above the website address 'AlanDerekUtley.com', which is written in a large, white, sans-serif font.

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*to transform culture
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