

Mental Fitness

Lead Clearly Under Pressure

A keynote from **Allyson Carter**, Coach for Growth

Available in-person or virtual • 10—100+ attendees

Change keeps coming, the pace doesn't let up, and your people are still expected to deliver. Under that kind of pressure, even your strongest performers start reacting instead of responding.

Mental fitness is what keeps people clear when that happens: the ability to meet challenges with a clear, focused, and positive mindset instead of being derailed by stress, negativity, or self-doubt. It shows up in performance, in wellbeing, and in relationships, for individuals and for the teams around them.

What gets in the way are the patterns Positive Intelligence® calls Saboteurs. They often started as strengths (high standards, drive, vigilance) and get triggered too far, showing up as overthinking, control, avoidance, or self-doubt right when clear thinking matters most.

Built on Shirzad Chamine's Positive Intelligence® research, this keynote is Allyson's own take on building mental fitness. She teaches it through story and one clear framework, with room for the audience to try it, and shows how these patterns play out in decisions, in hard conversations, and in the moments others are watching closest.

Attendees will leave with

- A clear understanding of what drives performance under pressure, grounded in Positive Intelligence® research
- 2—3 practical techniques for shifting from reactive to intentional leadership in real time
- A simple action plan for their own recurring high-pressure situation



ABOUT THE FACILITATOR

Allyson Carter is an executive and leadership coach and the founder of Coach for Growth. She brings more than 25 years of experience developing leaders, building talent and learning strategies, and leading teams through change, from McDonald's, Cooper's Hawk, and CARA, where she served as SVP of Talent Management, as well as hospitality, nonprofits, and local government.

An ICF Associate Certified Coach (ACC), Co-Active trained, and Positive Intelligence® practitioner, Allyson brings both the executive and coaching perspective to her work with leaders. She knows firsthand how pressure can shape the way leaders think, communicate, and make decisions. Her work helps leaders better understand their impact, refine the practices that enable individual and team performance, and make more deliberate choices about how they lead.

Book this keynote for your organization or conference

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Ways to work together. Most groups start with the keynote. Allyson also offers a 2-hour workshop, a one-day workshop, and a facilitated multi-week Mental Fitness Program, in person or virtual. Each is tailored to your people, your goals, and your calendar.