

LEADERSHIP UNDER PRESSURE

A 1:1 leadership program for reducing inner pressure, freeing capacity, and leading with greater clarity, steadiness, and presence under real-world demands.



16-WEEK INTEGRATED COURSE AND COACHING PROGRAM - FOR A CALMER, MORE SUSTAINABLE WAY OF LEADING UNDER PRESSURE

Combined Course / Coaching Program

Leadership under pressure


Many leaders care deeply about their work and the people they lead. They take responsibility, think things through carefully, and want to be the person others can turn to as decisions, questions, and pressures arise. They do this with commitment, a strong sense of purpose, and a genuine desire to do what's right. What's less visible is what this responsibility demands on the inside. The constant thinking, analysing, and self-monitoring. The sense of needing to be available, composed, and one step ahead - all the time. Over time, this doesn't always lead to burnout, but it often leads to something just as draining: reduced capacity. Less energy at the end of the day. Less mental space. And less ability to stay present and clear-headed when decisions get difficult and demands increase.

A focused 1:1 program – course and coaching combined

This is a focused 1:1 program for leaders who want to free up capacity where it matters most - in decision-making, problem-solving, conversations, and relationships. The work centres on a few key but often overlooked factors that consume time, energy, and attention - often without us realising it. Instead of adding more methods, the program is about seeing familiar situations with new eyes. When the inner effort decreases, many leaders experience greater clarity, steadiness, and available energy in their day-to-day work.

More capacity for what matters most

The approach is practical, grounded, and personal. It supports leaders in being more present and more aware - and therefore more effective in their role. The focus is not on changing who you are, but on revealing what gets in the way. When this becomes clearer, it becomes easier to see what actually needs attention - instead of carrying everything alone. The program is for leaders who take responsibility seriously and want to do so with clarity and steadiness, without it coming at the expense of their well-being.



**How is this
program
different
from
others?**

OTHER PROGRAMS

Focus on improving you as a leader - new tools, new mindsets, new ways of behaving or taking action. It can feel very right in the moment, and usually helps for a while, but when life gets busy it's so easy to fall back into the old patterns. And no matter how much we've learned, the pressure is still there.

THIS PROGRAM

Focuses on what creates inner effort in the first place - the part that remains, even after all the insights and methods. Instead of adjusting behaviours or mindsets, we make visible the unnecessary effort that drains energy without us even noticing. When this becomes clear, much of the pressure falls away. And once seen, it cannot be un-seen - which is what makes the shift sustainable.

Reflections from a marketing manager who completed the full program.

Testimonial



Taking the Conscious Living & Leading program has been a deep and transformative journey for me - both as a person and as a manager.

As a coach, Suzanne was present, attuned, and steady. She created a space where honesty felt completely natural. Her way of asking questions, listening without judgment, and gently pointing toward clarity helped me see my own thought patterns with fresh eyes.

On a deeper level, something fundamental has shifted. I now experience more presence in my everyday life. My relationships have become easier - less driven by old patterns, and more rooted in openness and empathy.

Looking back on how I used to live and lead before we started working together, I see now that much of my behavior was shaped by unconscious beliefs and inner pressure. Today, my approach is more grounded, more aware. I feel a deeper calm and have learned to lead from a place of clarity rather than control. That shift has changed how I make decisions, how I relate to others - and how I relate to myself.

I wholeheartedly recommend this course to anyone who wants to live and lead with greater presence and inner strength - whether personally or professionally.

-Sandra G.

Marketing Manager Scandinavia & Baltics for a global IT company

Four core sessions that build on one another

Each session deepens the understanding of how leadership is shaped from within - and how clarity emerges naturally.

SESSION 02



The invisible filters that shape how we lead

We are constantly interpreting situations and people through unseen filters – shaped by upbringing, culture, and past experience. When these filters remain unseen, they often create unnecessary pressure, misunderstandings, and inner effort. When they become visible, more clarity emerges, reactions settle, and there is greater freedom to act in everyday leadership.

SESSION 03



The power of thought – and why it costs so much energy

Thoughts are convincing – but they are not reality. They weave stories, evoke feelings, and colour how we experience life. When this becomes clearer, energy and focus are freed up – without needing to change, manage, or replace thoughts.

SESSION 04



The 'I' behind the pressure – when leadership is personal

Leadership pressure is often experienced very personally: Am *I* doing enough? Am *I* doing it right? What is expected of *me*? In this session, attention is directed toward the sense of self that carries responsibility and constantly measures itself against expectations. As this becomes clearer, leadership is less occupied with the *I* and more anchored in the situation – with calmer judgement and greater steadiness.

SESSION 05



Context and everyday stability

In the final session of the program, the whole is placed in a wider context. We pause and look at how the themes that have run through the program connect with what is actually happening here and now – in decisions, relationships, and everyday situations. As this comes into the foreground, the relationship to thoughts, emotions, and demands often begins to change. Less energy goes into trying to hold things together or control – and more becomes available for what actually needs to be done, in the moment.

- **START-UP**
SESSION 01
WEEK 1
- **SESSION 02**
WEEK 3
- 15 minute
phone call -
week 4
- **SESSION 03**
WEEK 5
- 15 minute
phone call -
week 6
- **SESSION 04**
WEEK 7
- 15 minute
phone call -
week 8
- **SESSION 05**
WEEK 9
- 15 minute
phone call -
week 10
- **SESSION 06 + 07**
COACHING
SESSION
WEEK 12 + 14
- 15 minute
phone call -
week 14
- **SESSION 08**
EITHER WEEK 16
OR A FOLLOW UP
CALL LATER ON



What Can You Expect?

While the Leadership Under Pressure program offers profound shifts in just sixteen weeks, it is just the beginning. These weeks open the door to a choice: to continue operating on autopilot - or to start experiencing life with greater awareness, naturally integrating this understanding into both work and personal life.

True understanding and integration of this kind of work is a daily, ongoing process. The intention of this program is to open up new perspectives, challenge existing assumptions, and invite participants to relate differently to situations, decisions, and people - reducing unnecessary inner strain and creating more steadiness in how leadership is carried.

This program isn't about "tools" or "mindset" - it's about revealing what has always been here, beyond the filters of thought and conditioning. As this understanding deepens, you may notice that situations which once felt difficult or personal begin to meet you differently, often without conscious effort or intervention.

This journey is the beginning of a way of conscious living and leading that feels more aligned, grounded, and sustainable over time.

The world will not change through this program, and your life will remain the same - but the way you carry and meet it becomes lighter, more alive, and less effortful - and you'll stand steadier in everyday life.

With Suzanne's thoughtful and focused coaching, I went through a powerful and inspiring development journey and gained an important piece of the puzzle I didn't even realize I had been missing.

– Karin Eriksson

Two Options – Same Foundation

Both programs are grounded in the same work and explore the same core areas.
The difference lies in the time given for deepening and integration.

Recommended

The Full Leadership Program

16 weeks of deepening, integration, and lasting change

35.000 SEK

+ 25% VAT · 16 WEEKS

(approx. €3.300 / US\$3.900)

INCLUDED IN THE PROGRAM

- ✓ **1 × 60-minute start meeting**
Clarifying your current leadership situation and focus
- ✓ **4 × 90-minute course & coaching sessions**
Every other week over eight weeks – in-depth work
- ✓ **4 × 15-minute check-in calls**
Short conversations for integration and practical questions
- ✓ **2 × 60-minute coaching session**
Linked to a current leadership situation
- ✓ **1 × 60-minute final session on week 16 or as a follow-up call at a later date**
Reflection and continued development
- ✓ **Optional reflection exercises**
Guided reflections (5–15 minutes) to support integration – one per weekday over eight weeks
- ✓ **Recordings and materials**
Sessions can be recorded upon request

Note: If, after the first or second session, the program does not feel right for you, the cost of the remaining sessions will be fully refunded.

The Focused Leadership Program

A concentrated introduction to the work

15.000 SEK

+ 25% VAT · 8 WEEKS

(approx. €1.400 / US\$1.700)

INCLUDED IN THE PROGRAM

- ✓ **1 × 60-minute start-up meeting**
Clarifying your current leadership situation and focus
- ✓ **4 × 90-minute course & coaching sessions**
Every other week over eight weeks – in-depth work. Sessions are recorded for you.
- ✓ **2 × 15-minute check-in calls**
Short conversations for integration and practical questions

THE FOCUSED PROGRAM IS FOR YOU IF YOU:

- Want to explore the work without committing to a longer program
- Have completed many programs before, are sceptical, but feel that something here resonates — even if it's not entirely clear why

4 x 60 minute Coaching Sessions

For those who have completed one of my programs and want to continue the work.

5.500 SEK

+ 25% VAT · USED WHEN IT SUITS YOU



Professional Executive Coach, PCC

Suzanne Lång

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FACTS

- Born in London, England to a Swedish mother and a Finnish father
- Grew up in New York from 1 - 14 years of age
- I have lived in 8 countries, including Denmark, Canada, Japan & South Korea and...
- Educated in Hotel Management in Switzerland and Project Management in Sweden
- Moved to Sweden in 2006
- Started Coaching, Training and Consulting in Leadership Development year 2012
- Focused on the Nature of Thought since 2017
- Fluent in English, Swedish, Danish

QUALIFICATIONS

- Professional Certified Coach, ICF (Diplomad 2016, Certified 2021, Renewed 2024)
- 2 x Certified Executive Coach, 2017 + 2024
 - Certified Jobmatch Talent Specialist
 - Certified in Organizational Value-Driven Leadership + ex-Board Member
 - Certified NLP Business Communication Practitioner
- Certified Time Management Consultant

CONTACT INFORMATION

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I've always been what some would call a "high performer." And in many ways, I still am. But how I am in my work today is completely different. The work is no longer about *me* - it's about the work itself. And paradoxically, both my capacity and effectiveness have increased.

I've always been committed and cared deeply about doing a good job. But before, I cared even more about how I was perceived while doing it - what others thought of me. That takes a lot of energy.

I tried so many ways to become "better" - methods, models, and different perspectives. But nothing changed that underlying sense of inner pressure and the constant, exhausting self-monitoring. The shift came only when it became clear where that inner pressure actually came from. And what I long believed was my personal problem turned out to be something most people carry - often without ever questioning it.

Today, I work with teams and leaders to make visible what actually shapes how we lead, collaborate, and relate - beyond roles, strategies, and performance. This is not a method. And it's nothing new - but it is overlooked. It is something deeply human, something that has always been there - yet it fades into the background when we begin to believe that we must become someone else in order to be enough. It changes how leadership is experienced and carried.

I am a certified coach (PCC, ICF) and have worked with leadership, self-awareness, and team development for over ten years, in Sweden and internationally. But what truly makes a difference is not my credentials - it's that I know what it's like to have tried everything - and still feel that something is missing.

Today, my role is simple: to hold a safe and open space for those who want it, where the old can fall away and something new can take shape - right in the space between us.

Warm regards,
Suzanne

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