

Reclaiming Control in an Uncontrollable World: A Reset for Sustainable Performance

Description

If you're capable, committed, and tired of feeling constantly "on," this workshop is for you.

Many high-performing leaders and professionals don't identify as burned out; instead, they feel *wired*, stretched, and quietly depleted. You're managing a lot, doing it well, and holding yourself to high standards. But the sense of control that once came from competence and experience can begin to erode under constant pressure.

This paid three-hour, online workshop is a chance to pause and reset.

Rather than adding more strategies or trying to fix everything at once, *Reclaiming Control in an Uncontrollable World* invites you to reconnect with what's genuinely within your control: how you manage your energy, attention, boundaries, and inner dialogue when demands don't let up.

Grounded in neuroscience, psychology, and mindfulness, the session blends reflection with practical tools you can use right away. You'll explore how stress shows up in your body and thinking, how certain beliefs quietly amplify pressure, and how small, intentional shifts can restore clarity, focus, and sustainable performance.

This workshop is designed as a reset. The intention is to create space to step back, and reconnect with what supports you most.

You'll leave feeling calmer, clearer, and more resourced, with a renewed sense of control without needing to push harder or overhaul your life.

Facilitated by **Catherine Ducharme** and **Rosemary Lodge**, certified coaches who bring both professional expertise and lived experience of navigating demanding leadership roles.

Key Outcomes

- A clearer understanding of how stress affects your focus and performance
- Practical tools to regulate energy and steady your nervous system in real time
- Insight into beliefs that quietly increase pressure and how to work with them

fluency

- A grounded way to focus on what you can control and release what you can't
- One realistic, personalized action to support sustainable performance

Details

Date:	January 29, 2026
Time:	9 am to noon
Price:	\$135/person
Early bird price:	\$100/person (before Jan 15)

Your Facilitators

Catherine Ducharme, PCC

Catherine is a professional ICF-certified coach, TEDx speaker, and seasoned facilitator who helps people manage their energy, set healthy boundaries, and lead with clarity and focus. With over 35 years of experience in professional communications and leadership at senior levels, she brings a deep understanding of what it takes to perform sustainably in high-pressure environments.

Catherine is the Founder and Principal of Fluency Leadership, a leadership and team development practice recognized for helping leaders develop the relational and emotional intelligence skills necessary to thrive. She is also the author of the upcoming book SEEN: The Untapped Power of Appreciation.

Rosemary Lodge, MA

Rosemary is a seasoned leadership trainer, accredited coach, and communications expert with 25+ years of leadership experience. She has held senior roles across industries and cultures – living and working in Bangkok, London, Beijing, New York, Mumbai, and Metro Vancouver. A lifelong learner and self-described “burnout thriver,” Rosemary weaves together modern neuroscience and traditional mind-body practices to help people lead with greater clarity, resilience, and ease. Founder of Wise Heart Leadership, she holds a Master’s in Leadership and Training and is a graduate of Erickson Coaching International, one of the world’s most respected coaching programs. She is a certified yoga and meditation teacher, with advanced training in pranayama (breathwork). She believes great leadership begins with self-awareness and the courage to lead with heart.

fluency