



### **Immediate Release – *Grace under Pressure: Leading Through Change & Crisis***

*Grace under Pressure: Leading through Change and Crisis* is the sixteenth book by author John Baldoni. The book describes three things leaders need to do when change and adversity strike: take care of their people, take care of themselves, and prepare for the future. And they must do it all with a sense of grace – calmly, collectedly, and compassionately.

The pandemic turned our world upside down overnight. Baldoni says, “The leaders I was coaching needed to more than apply their business acumen. They needed to demonstrate concern for others.”

The book focuses on how leaders must prepare for change by focusing on what matters most-- their people.

Among the themes Baldoni explores are fear and loss, empathy, resilience, and hope. The book also provides a roadmap for leaders seeking to create community as they meet the coming challenges with dignity and grace.

As noted, empathy plays a role in the book. "Empathy is that ability to sense another person's situation, condition, and discomfort. When a leader feels it, she must act. Sometimes the action is to be there. By that, I mean connecting in a personal way to the person who is suffering. Other times, it means enacting changes, says Baldoni. "Empathy in the hands of a leader is about doing what you can to make things better."

“*Grace under Pressure*,” says Baldoni, “will prepare a leader for what comes next by enabling them to lead with courage and resilience and more heart and soul.”

"Leaders today," Baldoni says, "will be expected to deliver solace and hope. Solace in remembrance of what has been lost. Hope in the faith that we will learn from our past and make decisions that create a better, more prosperous, and equitable future."

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## **Advance praise for *Grace under Pressure: Leading Through Change & Crisis***

John Baldoni once again offers us powerful lessons in leadership and life. His new book *Grace Under Pressure*, will help you brace for the unexpected and hold it together when everything is coming apart at the seams. As you put these principles into practice, you'll find you and your team can be at your best when circumstances are at their very worst.

**Liz Wiseman**, *New York Times* bestselling author of *Multipliers* and *Impact Players*

In times of change, people look for a leader with the strength and resilience to persevere and the ability to lead with empathy and conviction. *Grace Under Pressure* by John Baldoni shows how leaders put people first, take care of themselves, and prepare for what's next. This book is for executives looking to steady themselves and their teams for change and crisis.

**Marshall Goldsmith**, the world's pre-eminent executive coach and *New York Times* best-selling author of *The Earned Life*, *Triggers*, and *What Got You Here Won't Get You There*

John Baldoni has done the world a favor by introducing the language of grace into our conversation about leadership. I was a huge fan of his wonderful book *Grace*, and *Grace Under Pressure* continues this tradition, showing why grace is most effective in times of maximum pressure. The ability to exhibit courage and calm in our most challenging moments is precisely what inspires others to trust us, giving them the confidence to stay engaged when the going gets rough.

*Grace Under Pressure* is not only inspiring, it is practical. Throughout the book, John offers questions for our consideration to identify how and where grace might be operating in our own lives so we can let it influence our relationships and actions."

**Sally Helgesen**, best-selling author, *How Women Rise*, *Rising Together*, *The Web of Inclusion*

John Baldoni shows his exceptional understanding of taking highly complex components and simplifying them. *Grace Under Pressure* analyzes great skills, which I think anybody who wants to become better at what they are doing should read. I would definitely recommend this book!"

**Martin Lindstrom**, *New York Times* best-selling author of *Brand-Washed*, *Small Data*, and *Buyology*

*Grace Under Pressure* reveals what leaders must do to look ahead past the crisis the same time they are caring for their teams. It's powerful preparation for every leader's inevitable tough times."

**David Novak**, former CEO of Yum! Brands, podcast host of *How Leaders Lead*, and author of *New York Times* bestseller *Taking People with You* and *Take Charge of You*.

If you can feel the screws tightening ... this might be the book you need to find your grace under pressure."

**Michael Bungay Stanier**, author of *The Coaching Habit* and *How to Begin*

Leadership is never easy, but when there's great change or crisis, the heat is on. Fortunately, John Baldoni has provided leaders with a practical, powerful, and wise guidebook: *Grace Under Pressure*. This will be an essential tool for leaders under stress.

**Dorie Clark**, *Wall Street Journal* bestselling author of *The Long Game* and executive education faculty, Duke University Fuqua School of Business

Leadership is revealed in times of crisis. *Grace Under Pressure* by John Baldoni provides insights into how to make your leadership resonate with purpose and grace. Leaders must care for their teams and themselves as they prepare for the future. Even better, they must do it with grace – caring, commitment and courage.

**Garry Ridge**, the Culture Coach and retired CEO of the WD-40 Company

With the spotlight shined on modern-day business leaders, there's a greater demand to do more than be savvy and apply business acumen. Today's leaders are expected to care and act out of concern not just for the company and its employees but to grasp how their role affects the greater welfare of all. *Grace Under Pressure* by John Baldoni shows us how to lead with courage, conviction, and compassion, especially in times of stress and urgency.

**Donald Altman**, author of *The Mindfulness Toolbox*, *Simply Mindful*, and *Clearing Emotional Clutter*

John Baldoni's new book is a beautiful example of combining science, practice, real-life examples, and deep humanity to offer ways for a modern leader to lead. I particularly like John's combining "taking care of self" with the aspects of taking care of people and preparing for the future. The Considerations that anchor each chapter are great coaching questions and wonderful ones to ponder and resolve. *Grace Under Pressure* is an easy read and yet leaves you with great reflections and practical tools to move forward.

**Magdalena Nowicka Mook**, CEO, International Coaching Federation (ICF)

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### **About John Baldoni**

John Baldoni is a globally recognized leadership educator, certified Master Corporate Executive Coach, and author of 16 books translated into ten languages.

John's books include *GRACE: A Leader's Guide to a Better Us*, *MOXIE: The Secret to Bold and Gutsy Leadership*, *Lead with Purpose*, *Lead Your Boss*, and *The Leader's Pocket Guide*.

In 2021, the International Federation of Learning and Development named John a World-Class Mentor and named him to its Hall of Fame. In 2020 Global Gurus ranked John a Top 30 global leadership expert, a list he has been on since 2007. In 2018 Inc.com named John a Top 100

speaker and Trust Across America honored John with its Lifetime Achievement Award for Trust. In 2014 Inc.com listed John as a Top 50 leadership expert.

John is also a member of the renowned 100 Coaches, founded by Marshall Goldsmith. Members include executive coaches and thought leaders from the worlds of business, academia and social service.

John established a career as a highly sought-after executive coach, where he has had the privilege of working with senior leaders in virtually every industry from pharmaceutical to real estate, packaged goods to automobiles, and finance to health care.

John has authored more than 800 leadership columns for a variety of online publications including *Forbes*, *Harvard Business Review* and *Inc.com* John also produces and appears in a video coaching series for SmartBrief, a news channel with over 4 million readers. John is also the host of LinkedIn Live's *Grace under pressure* interview series. John's leadership resource website is [www.johnbaldoni.com](http://www.johnbaldoni.com)

