

Grace Under Pressure

Leading Through Times of Change and Crisis

by John Baldoni

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Grace Under Pressure: Leading Through Change and Crisis focuses on 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.

John Baldoni has established a career as a highly sought-after executive coach, where he's had the privilege of working with senior leaders in virtually every industry from pharmaceutical to real estate, packaged goods to automobiles, and finance to healthcare. He shares his expertise here, focusing on how leaders need to prepare for change by focusing on what matters most—their people.

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

GRACE
LEADING THROUGH
UNDER
CHANGE AND CRISIS
PRESSURE
JOHN BALDONI

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About John Baldoni



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

John's thought leadership is reflected in his writing as well as his choice of media: columns, videos, and books. John also integrates piano improvisations into his keynotes, which he illustrates with his still life photos. John is also the host of LinkedIn Live's GRACE under pressure interview series—a platform that has enabled him to interview more than a hundred global business, academic, and thought leaders and doers.

John's books include *Grace Notes: Leading in an Upside-Down World*, *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*.

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

John has authored more than 800 leadership columns for a variety of online publications including *Forbes*, *Harvard Business Review*, and *Inc.com*. John also produced and appeared in a video coaching series for SmartBrief, a news channel with over four million readers. John is the author and host of two online leadership courses: "Leading through Change & Crisis" and "Leading with Resilience + Grace" for Methods of Leaders/100 Coaches. John's leadership resource website is www.johnbaldoni.com.

Suggested Topics with John Baldoni

- Why did you write *Grace under Pressure: Leading through Change and Crisis*?
- What do leaders do in time of significant change or crisis?
- What three things must leaders do to lead with grace?
- What does it mean to “take care of your people”?
- What does it mean “prepare for the future”?
- Explain what you mean by re-building.
- What actions demonstrate grace under pressure?
- How does this book connect to your previous work?
- You write a great deal about resilience. Explain.
- Why is there a section about self-care?
- What role does humility play?
- What is the takeaway message of *Grace under Pressure: Leading through Change and Crisis*?
- Share some stories of what it means to lead with “grace under pressure.”
- How can employers make their employees feel cherished?
- How can community help a business become stronger?
- How can we demonstrate grace to one another?



Praise for *Grace Under Pressure*

“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 bestselling author of *Brand-Washed*, *Small Data*, and *Buyology*

“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 bestselling 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, bestselling author of *How Women Rise*, *Rising Together*, *The Web of Inclusion*

“*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*





Praise for *Grace Under Pressure*

“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)

