STEADY
under Pressure



VIV BOWRA

Focused leadership sessions for capable women in science and technology

www.vivbowra.com

You're already capable.

You've built your expertise.

Let's make sure it shows up when it matters most.

You prepare thoroughly, care deeply about doing good work, and make a meaningful contribution to your organisation. People trust your judgement and they seek out your knowledge. They value your perspective because you know your stuff.

And then, in the moments that matter, you don't quite show up in the way you want to: you lose access to your thinking; your words come out jumbled; you're not able to think fast enough on your feet to offer the answer you want to give; or you hold back from taking an opportunity and your influence and power diminish. You find yourself at 2am the following morning replaying what you could have said.

The good news? There is a solution.

WHAT'S ACTUALLY HAPPENING

Your brain is clever, capable and doing exactly what it was designed to do.
When the stakes feel high, your nervous system shifts its attention towards protection.
In those moments, access to your thinking and judgement can feel less immediate. And that impacts what you say and how you say it.

What this can look like:

- second-guessing yourself when you'd normally trust your judgement
- holding back your point until it's fully formed and then missing the moment
- searching for words that normally come easily
- waiting until you're absolutely certain before making a decision or taking the next step

WHAT BECOMES POSSIBLE

Imagine leaving an important meeting feeling like you represented yourself fully.
Present. Clear. Connected to your expertise.

What this can look like:

- walking into a difficult conversation feeling grounded and prepared
- responding to challenge with clarity and trusting your judgement in real time
- feeling like you are coming across as the leader and the expert you are
- staying steady because the pressure no longer takes you away from yourself

HOW A STEADY UNDER PRESSURE SESSION WORKS

Real situations. Focused sessions. Practical support immediately.

1. **Situation(s)**: We get clear on the specific situation you want to approach differently.
2. **The pattern:** We explore what happens when the pressure is on, including your thoughts, feelings and physical responses.
3. **The opportunity:** We use leadership coaching and, where appropriate, EFT to work with the pattern and create space for something different.
4. **The strategy:** We explore what's shifted and the choices that now feel available to you.
5. **The next step:** We identify what's next for you and how to reconnect with what you've discovered.

We combine leadership coaching, nervous system awareness and EFT (Emotional Freedom Technique), also known as Tapping, to increase your access to clear thinking under pressure so that your expertise shines through when it matters most.

WHAT'S INCLUDED

1. **Pre session reflection questionnaire:** so we spend the session on what matters most.
2. **75 minutes Steady Under Pressure session:** focused entirely on you, your situation and what you want to be different.
3. **Follow up summary:** key insights and practical next steps, written up and sent to you after the session.
4. **Personalised EFT Tapping audio:** a short recording using insights from your session to help you reconnect when you need it.

WHAT OTHERS SAY

"All the questions, doubting myself, second guessing my own skills and experience gradually melted away to leave me feeling a lot lighter, and that it's ok not to have all the answers right now."

— Leanne

"Before the exercise I felt the usual pressure of a busy working day. Afterwards I felt less tense and more present. It gave me a practical technique that I have since used in a real life situation, helping me approach a challenging situation with a clearer mind."

— Sharon

"I left in a much better frame of mind before a situation I had been anxious about. Pleasantly surprised at how helpful the session was."

— Sabrina

"It's incredible how it relaxed my mind and reduced the anxiety that was sitting at the pit of my stomach."

— Yvette

THIS IS FOR YOU IF...

- You're capable, thoughtful and genuinely good at what you do
- You have a specific situation in the workplace where your expertise doesn't shine through in the way you want it to
- You want more of your expertise and leadership showing up in the high-stakes moments
- You're ready to approach an important situation differently

This is about helping your leadership show up as consistently as your expertise already does — not about becoming louder or more assertive.

QUESTIONS YOU MIGHT HAVE

Is this a confidence issue?

Many clients come because they know they're capable, yet find it harder to access and articulate what they know in a particular situation. They want to think clearly, trust their judgement and communicate with the same confidence they have in their expertise. We'll explore what's getting in the way so you have more choice in how you respond when it matters most.

What is EFT Tapping?

EFT (Emotional Freedom Technique), or Tapping, is a practical tool that combines gentle tapping on points on the body with focused attention on thoughts, feelings or physical sensations. It can help reduce the stress response, giving you greater access to clear thinking. In Steady Under Pressure, we use it alongside coaching to create space for something different to emerge to help you stay present. No prior experience needed.

How many sessions will I need?

For some people, one 75-minute session is all it takes to see a shift. Other situations require a longer-term approach. Every session is different. That's why we start with one session and review your needs after that.

You'll have the opportunity to understand more about what's getting in your way, experience a shift in how you relate to it and identify the choices that now feel available to you. We'll turn those insights into a practical next step and you'll leave with personalised EFT support you can return to afterwards.

What's the investment?

We start with a single 75 minute session for £295.

Ready to stop going around in circles? Bring your situation and together we'll explore what's getting in the way and find a way forward that's right for you.
Book your first session below.

BOOK NOW