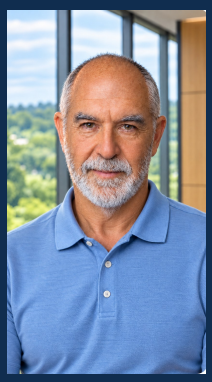
MINDSHIFT MESSENGER

Clearer thinking. Better choices.

FOR LEADERS. FOR TEAMS. FOR LIFE.

Malcolm Evans | Sales Accent LLC
Coaching and Consultancy



Stress does not stay in one part of life.

Stress at work and at home can reinforce each other. The damage can be quiet: reduced focus, strained relationships and reactive decisions, long before anyone names stress as the issue.

ACROSS THE ORGANIZATION

Siloed priorities, delayed decisions, strained trust and recurring firefighting.

BEHIND EVERY ROLE

Personal pressures can make it hard to switch off, at work and at home.

How I help leaders and teams

I combine coaching and consultancy with Positive Intelligence® to build mental fitness and apply it to business priorities. Mindfulness trains attention; daily practice helps leaders and teams use that awareness in decisions, feedback, change and cross-functional work.

01 **NOTICE THE PATTERN**

Recognise pressure habits such as rushing, blame or defensiveness before they shape decisions and relationships.

02 **CREATE ROOM TO CHOOSE**

Build the pause needed to listen, consider competing perspectives and make deliberate decisions under pressure.

03 **BUILD SHARED WORKING HABITS**

Apply empathy, clear expectations and accountability to meetings, handoffs and difficult conversations.

START FOCUSED. BUILD EVIDENCE. SCALE WHAT WORKS.

Choose one business priority and a sponsor. Pilot with 5-10 people, then review decisions, conversations and follow-through before expanding.

Foundations	PQ-Powered Teamwork	PQ-Powered Sales	Coaching & reinforcement

Let’s talk · 770-330-8642

malcolm@thehealthy3.com | mindshiftmessenger.com

Sales Accent LLC
Coaching and Consultancy · Greater Atlanta, GA