



Title:

Liberating Ourselves from the High-Performance Trap: Reclaim Joy and Curiosity as You Lead

Facilitated by Eileen Chang

Commitment: 7 Weeks (February 13 to March 27, 2026)

Schedule: Fridays at 11am PT (Session 1 is 75 min; Sessions 2–7 are 60 min)

Additional Support: 3 buddy calls between sessions + optional office hours with Eileen

You've built your career on being a high performer — the one who works hard, solves problems, and always delivers. But what if the very strengths that helped you succeed are now getting in the way?

- Maybe you're exhausted from doing it all but can't seem to take your foot off the gas.
- Maybe you struggle to delegate or fully trust your team.
- Or maybe your performance is solid, but you sense there's more creativity, ease, or joy wanting to emerge in the way you lead.

This 7-week leadership journey is for high-achieving professionals ready to grow from *driving performance* to *unlocking transformation in themselves and others*. With the support of an intimate group of peers, you'll examine the stories, unconscious habits, and cultural conditioning

that are limiting you — and then practice new ways of leading that invite more authenticity, creativity, and growth with less pushing.

What you'll gain:

- Shift from diminishing to empowering, creating space for you and others to think bigger and take greater ownership.
- Cultivate curiosity, emotional awareness, and resilience to navigate complexity with more confidence and ease.
- Foster a culture of trust and creativity where people feel energized to do their best work.

Each session builds on the last as you move from awareness to embodiment. Between sessions, you'll partner with a cohort buddy to reflect, experiment, and deepen your learning.

Session 1: The Power of Story

Uncover how the “high performer” narrative shapes your identity and limits your freedom.

Session 2: Accidental Diminisher Archetypes

Recognize patterns that unintentionally block your and your team's true potential.

Session 3: Choosing a New Story

Redefine leadership through the lens of curiosity, learning, and growth.

Session 4: Feeling Our Feelings

Rather than powering through your feelings, learn to tune into them so you can respond, not react.

Session 5: Running Experiments

Test out new leadership behaviors, gather data, and integrate what you learn.

Session 6: Inviting Support & Working with Resistance

Open yourself to trust and support as you navigate inner and outer challenges.

Session 7: Celebration & Commitments

Share your wisdom and commit to your next chapter on the path of transformation.