



MEET CHRIS JOHNSON

Author / Coach / Speaker / Consultant

CHRIS L. JOHNSON, PsyD, has built a reputation for surfacing and working with the hard things - the invisible things - those ways of being that support a balanced, integrated life, where decisions align with the wisdom of the body. In short, she's dedicated to transformational change - for individuals and those whom they serve. By integrating evidence-based teachings on the neurobiology of attention and the wisdom of the body, Chris provides professionals practical approaches to leading in our volatile, uncertain, complex and ambiguous (VUCA) world. She is a sought-after executive business coach, speaker, retreat leader, and Chair of the Chicago Chapter of Conscious Capitalism.

Chris is the founder of Q4 Consulting where she partners with individuals and organizations to design and implement training programs that access intuition, surface internalized patterns and mind-sets, and address the road-blocks inherent in change.

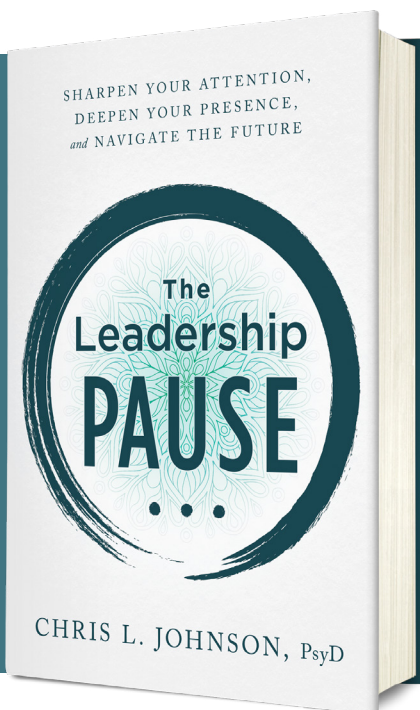
Through embodied leadership offerings, Chris and her team support professionals at all levels to build the capacity, compassion, and resilience needed to thrive as leaders. With the potent combination of deepened awareness and aligned action, these leaders cultivate generative organizations committed to the well-being of all stakeholders.

Chris challenges and supports leaders ready to embark on integrating life and work in sustainable, fulfilling ways.

She's committed to extending the transformational work of embodied leadership to those committed to creating the future.

When Chris isn't working, you'll find her in the garden, making art, hiking or skiing the slopes, listening to jazz or at the aikido dojo – practicing the art of peace.

AVAILABLE
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PAUSE . . .

SHARPEN YOUR ATTENTION,
DEEPEN YOUR PRESENCE,
AND NAVIGATE THE FUTURE

The Leadership Pause, takes you on a guided journey into your most meaningful and purpose-driven future as a leader.

Dr. Johnson's call to action is for leaders to take on the important practice of pausing and gain a clear vision of the natural leader resting just beneath the surface.

The most powerful effects of *The Leadership Pause* come from learning how to practice mindful awareness that results in clarity of mind and heart, reduced stress and increased resilience, and a deeper connection to self and others.

Dr. Chris Johnson shares stories from established and powerful leaders about how they've used pause practices to transform their ways of thinking and behaving to find greater meaning and purpose in their work.

THE STORY BEHIND THE BOOK

“I'm writing this book about pause because I need to be reading it, we all do. In the absence of practicing pause, it's all too easy to get caught up in the bustle of the day—thinking I know what will happen and how it will unfold, and following the path of least resistance that's bound up in reactivity rather than response. The idea for this book began just over ten years ago, from a state of personal pause. In attempts to both listen and reflect on what I was personally experiencing, it became crystal clear that *The Leadership Pause* is essential to anyone aspiring to lead and make a difference.”

— Chris L. Johnson

The *Leadership Pause* teaches how to...

- Cultivate your attention and focus to shape your actions and strategic vision
- Embed purpose in all of your work, increasing buy-in and positive outcomes
- Build your capacity, resilience, and confidence to transform high-pressure moments into opportunities
- Craft an inspiring vision for the future to bring people along with you as an engaging, conscious leader
- Leverage your energy and emotions for consistently aligned decisions and enhanced outcomes

INTERVIEW CHRIS JOHNSON

Chris Johnson's extensive teaching and speaking background makes for an engaging and professional interview experience. Her personal anecdotes and stories from established and powerful leaders will bring immediate value to your audience. Her insights and enthusiasm convey how listeners can deepen their impact on the lives around them and build legacies of intentional focus, pragmatic ambition, and grounded compassion.

WHAT THEY'RE SAYING ABOUT THE LEADERSHIP PAUSE

"While pausing feels like a counterintuitive move in our fast-paced, always-on-the-go world, Chris Johnson illuminates why it's the right move. *The Leadership Pause* astutely guides us on pausing effectively, how doing so benefits our lives, and why it is key to upleveling our effectiveness as leaders."

— **Dr. Amishi Jha**, Neuroscientist, author of the national bestseller *Peak Mind: Find Your Focus, Own Your Attention, Invest 12 minutes a Day*

"In *The Leadership Pause*, Dr. Chris offers a book full of wisdom about what it takes to lead effectively, authentically, and in a grounded manner. During these times of stress and change for essentially everyone, leaders need to find ways to pause and be more present as we seek to bring others along and point the way forward. Dr. Chris offers a mix of theory, leadership stories, and specific exercises that every leader should consider incorporating."

— **John Palfrey**, President, John D. and Catherine T. MacArthur Foundation

"If you're committed to becoming a more effective leader and seeking greater satisfaction and fulfillment in your work and life, *The Leadership Pause* is a must-read. Drawing on science, philosophy, her work with clients and personal experience, Chris Johnson makes a compelling case for the power of pause. As one of Chris's clients, I've personally experienced the power of pause."

— **Dave Mooney**, CEO, Alliant Credit Union

QUESTIONS TO ASK CHRIS:

1. Why choose "Pause" as the key topic of your book for leaders?
2. Can you describe how mindful pausing is both mental and physical, and why it matters?
3. You share that taking a pause is simple, not easy. Why is that true?
4. What's the important connection between triggers and a mindful pause?
5. What's one takeaway from your book you want every reader to know?
6. How does your practice in the aikido dojo impact your own leadership?
7. What are some strategies for integrating the practice of pausing into everyday life?
8. How does your work at Q4 Consulting relate to *The Leadership Pause*?

"*The Leadership Pause* invites leaders of all stripes to shift their mental models, allowing them to access their highest and best selves. Chris makes a compelling case for developing conscious leadership from the inside out in order to create powerful change in the world."

— **Scott Shute**, former Head of Mindfulness & Compassion Programs, LinkedIn, and author of *Full Body Yes*