

## Executive Pressure Escape Valve -- Visual Perspective Chart

How do you release the pressures that build up on every leader? How much better could you function if you could get rid of the pressure you are feeling? Do you have a tool to help a team members identify/release pressures? Would it be helpful for you to learn to use the tool I've used for 15+ years to release my pent up pressure?

**Bobb Biehl** is an executive Mentor. In 1976, Bobb founded Masterplanning Group International. He has consulted personally with over 500 Senior Executives. He has met one-to-one with over 5,000 executive team members and invested an estimated 50,000 hours in private sessions with some of the finest leaders of our generation. Based on thousands of hours of practical experience, he has originated 40 tools (books, tapes, notebooks) in the area of personal and organizational development. For over 31 years, Bobb was on the board of directors of Focus on the Family. He holds a bachelor's ('64) and a master's degree ('66) from Michigan State University. Bobb and his wife, Cheryl, have been married since 1964. They have two adult children, 2 grandchildren, and four great grandchildren. [www.BobbBiehl.com](http://www.BobbBiehl.com)

### \* **WHAT IS YOUR SINGLE GREATEST STRESS TODAY?**

(85% of *STRESS / PRESSURE* ← *indecision / lack of control* )

#### 1. **VISUAL**

- \* "Grocery List" story ... a reason to write it down!
- \* Verbally, Visually, Numerically ... input / output
- \* Large sheet if possible

#### 2. **PERSPECTIVE**

- \* Positive as well as negative ... balance ... not "all is lost"!
- \* Circle key elements ... Double, Triple, Quadruple ... prioritized quickly
- \* Communicate with a confidant

#### 3. **NEXT STEPS**

- \* Red / yellow / green ... not all pressures the same
- \* Remember, some are positive as well as negative ... focus on the positive!
- \* Group use

[] Electronic version ... update easily ... + and -- .

[] DVD ... Visual Perspective Chart ... available at ... [BobbBiehl.com](http://BobbBiehl.com)