



Span of Control: What To Do When You're Under Pressure, Overwhelmed, and Ready to Get What You Really Want

We live in an age of overwhelming chaos—and it's taking a toll on all of us. Every day, there's more to do and less time. We make to-do lists and are lucky if we cross off a few items daily. We struggle to keep up with overflowing inboxes and get pulled in a million directions by work, family, and social obligations. At our core, we've lost our grip on what we want, and *who we really want to be*.

As the first female F-14 Tomcat Fighter Pilot in the U.S. Navy, as well as a mom of four, wife, business consultant, Wall Street Journal bestselling author, and speaker to audiences across the globe, Carey Lohrenz knows the stress here on land, can be just as intense as the stress 40,000 feet up in the air. Now you can take advantage of her years of training to overcome pressure, stress, chaos, burnout, and anxiety.

In the corporate world, your “span of control” is the number of direct reports you can effectively manage. In the Navy, it's determined by the things you can and should control at any given time. It reminds you what to focus on right in the moment, knowing that any other stuff is uncontrollable and should not take up precious mental space. For Carey, recognizing her span of control kept her focused on what mattered and became a primary tool in taming the distractions and pressures of flying demanding, high-pressure missions.

This program is a high-octane dose of encouragement and practicality. Through eye-opening science, gripping personal stories, insightful interviews, prescriptive advice, and helpful tools, your audience will be empowered to create positive change in their own lives and the world around them.

Learning Objectives:

- Move away from our knee-jerk desire to do and control everything
- Identify and overcome stress, anxiety and burnout
- Befriend and learn from your pain and failures
- Discover your biggest, scariest, most exciting goal and how to effectively tackle it
- Manage competing demands and feel encouraged to live your own version of success
- Navigate fear, discover focus, and implement useful prioritization tools
- Go beyond what you ever thought was possible for your life

