



A NEW WAY TO LIVE WITH STRESS

Stress RESET Program

Leslie Bosch, PhD

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AN INVITATION

Do you want more?

If you're longing for more meaning, purpose, connection, confidence, balance, fun—just *more* than the 12-hour work days and utter exhaustion from trying to "*do it all*" alone, I invite you to claim the life you really want today.

I want you to ask yourself, "Where would my life be without stress and overwhelm?"

I invite you to *make the choice* to do something drastically different, to invest in yourself, and to stop settling. Everything isn't fine. You deserve more. You can have it all, and I'm ready to show you *exactly* how.

Let's get started.

Leslie Bosch



Leslie Bosch, PhD

Developmental Psychologist & National Board
Certified Health and Wellness Coach





VISION, MISSION, & VALUES

Empowering high-achieving women to end burnout and live balanced, sustainable, fulfilling lives.



Love First

I hold my mission of transformation at the forefront of every experience I offer. I do this with fierce and compassionate love.



Wholehearted Accountability

I hold my clients accountable, challenge them, and celebrate their success.



Committed to Growth

I lean into discomfort as it is necessary for growth. I test the limits of what's possible. But I aim for progress over perfection.



Agents of Change

I help women rise into their purpose and power. As a changemaker, she can transform her family, community, and society.



STRESS RESET PROGRAM OVERVIEW



The Stress RESET Program is a 12-week intensive coaching accelerator that addresses the underlying patterns of stress management and equips participants with a foundation of holistic wellness—mental, emotional, physical, spiritual, social, and occupational wellbeing—so they can flourish and lead lives with clarity and purpose.

OUTCOMES & EXPECTATIONS

Clients report improved work-life balance and time management, renewed presence, energy, joy in their personal lives, and accelerated career growth, promotions, and salary increases—among many other benefits.

For more on client outcomes, see page 12.

WHAT YOU WALK AWAY WITH

MULTI-DIMENSIONAL LIFE

Fulfilling career & robust personal life, without sacrificing one for the other

BURNOUT-PROOF TOOLKIT

Cutting-edge strategies to balance all areas of life (work, relationships, health, personal time, etc.)

Stress RESET ROADMAP

Step-by-step plan to create greater health & wellness, purpose, & meaning—immediately

DEEP CLARITY

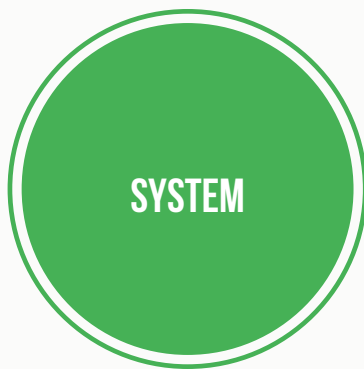
Proven strategies to quiet the inner critic, elevate confidence & step into authentic self-leadership

ULTIMATE PRESENCE

Ability to be centered & present wherever / whenever to enjoy life's precious moments



HOW YOU ACHIEVE MAXIMUM RESULTS



SCIENCE-BACKED SYSTEM

Integrative approach to address root cause of stress and overwhelm based on years of demonstrated research, including neuroscience, mindfulness, positive psychology, developmental psychology, and coaching hundreds of high-achieving women.

WORLD-CLASS SUPPORT

Given my extensive academic training and personal experience, I bring a unique blend of book smarts and street smarts to the conversation. I am there with you every step of the way providing support, guidance, and recognition via 1:1 video sessions.

UNPARALLELED ACCOUNTABILITY

Immersive curriculum with a variety of interactive activities, guided lessons, tools, assessments, mental health and wellness resources, and more delivered via personalized weekly 1:1 video coaching sessions.



WHAT MAKES THE STRESS RESET PROGRAM DIFFERENT?

A HOLISTIC SOLUTION

***I TAKE A SCIENCE-BACKED INTEGRATIVE APPROACH —
THE ONLY WAY TO CREATE LASTING, SUSTAINABLE CHANGE.***

Therapy, meditation, yoga, medication, or professional courses provide a temporary fix...but none of these alternatives provide long-term solutions that truly address the root cause of overwhelm.

PHYSICAL

Increase awareness of stress triggers and body's symptoms (e.g., migraines, anxiety, irritability, sleep issues)

EMOTIONAL

Identify root cause of unhealthy coping mechanisms, and learn new, proven tools

RELATIONAL

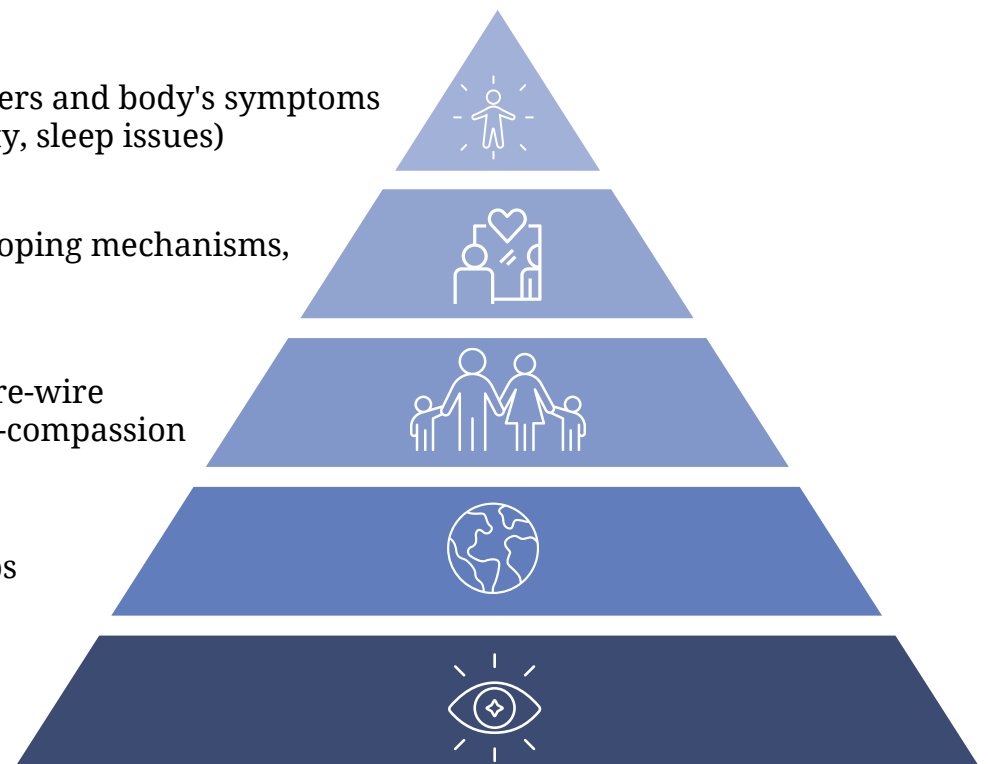
Understand family of origin, and re-wire healthy behaviors supporting self-compassion

SOCIETAL

Deconstruct societal norms; improve professional relationships and leadership effectiveness

SPIRITUAL

Rediscover internal compass, and align with core values





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I believe in helping women rise into their power and purpose, remember who they are, and redesign their lives for a thriving, sustainable future.

When a woman is resourced, empowered, and supported, she changes the world.

Leslie Bosch, PhD, CEO and Founder





HEAR FROM STRESS RESET CLIENTS

After 12 weeks, my clients report:



"I am the person who likes to start things, and then move on without finishing. I have a beautiful Christmas stocking to embroider for my young daughter – Santa still has half a beard and she is now 25. Now, I have started a project that really matters – completing my doctorate degree. I knew that if I did not change my habits, I would end up with lots of hard work and no degree. I leave each session with a better understanding of my behaviors, as well as tools to change them!"

-Michelle H., Associate Director



"Working with Leslie was exactly what I needed! When I started our sessions, I often felt confused, unsure, and pressured. Though I had many wonderful things in my life, I just couldn't settle into enjoying them. Over just a few months, I feel more confident and self-assured than I ever have. Coaching has allowed me to experience deep spiritual, relational, emotional, and vocational growth. Leslie was a joy to work with and I truly could not have gotten here without her guidance!"

-Amanda M., Licensed Counselor



"I am so grateful for Leslie's coaching! Leslie helped me to solidify my core values within the first few sessions. She helped me to recognize how my daily efforts were or weren't working towards those values. Mid-way through our sessions I had a family crisis. Leslie helped me to navigate that with clearer eyes. She has just the right balance of compassion, encouragement and "telling it like it is". Don't go it alone - coaching with Leslie is an investment that really enhances your life."

-Jennifer. Katcher, College Biology Professor



HEAR FROM STRESS RESET CLIENTS

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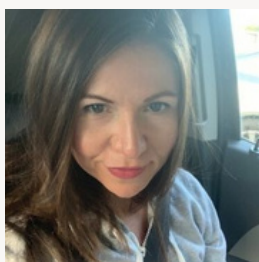
"I went from working 65-hours a week, and barely getting 3-5 hours of fitful sleep at night to working 40-hours a week and consistently getting 7 hours of restful sleep every night. I always loved my job as a mediator and educator at a nonprofit but after the program, I gained a sense of control over my life again. Instead of feeling exhausted all the time, now I have a renewed sense of purpose and passion in my personal and professional life."

-Chris Medvescek, Program Manager



"Being a single mom can be challenging and stressful. Sometimes after a long day at work, exercising patience can be difficult, but I wanted to make the effort for my daughter. Leslie helped me create meaningful goals and provided honest guidance and feedback while I accomplished them! Leslie provided the accountability and tools I needed to improve. Definitely worth the time and money!"

-Brenna Rheinheimer, PhD, Cancer Biologist



"What was supposed to be a vacation turned into a nightmare when the pandemic hit and I was quarantined in Uzbekistan for 6 months. The stress during that time was unbearable! Leslie taught me a variety of strategies that helped me see the experience as an adventure. Checking in Leslie weekly allowed me to decompress and set manageable goals. The strategies I learned helped me remain calm and engage in healthy behaviors. I can't imagine what would have happened to my mental and physical health without coaching. Instead, I emerged from the experience stronger than before. Coaching with Leslie has been a lifesaver."

-Jennifer Whiddon, Director of Marketing



FREQUENTLY ASKED QUESTIONS



Are all of the reviews and testimonials real?

Yes. All of our reviews are 100% authentic. When you join my community, you're joining a true family of women who are passionate, energized, and finding fulfillment thanks to the strategies I teach. If you want more proof, read more testimonials [here](#).

I know something needs to change, but I'm not sure what it is...can you help me?

Yes. In fact, this system is specifically designed to help you get unstuck and into a life that feels amazing. Many of my most successful clients had no idea what to do, where to go, how to get there, and we're still able to build careers and personal lives that nourish them on all levels. The method is that powerful.

What is the investment to join the program?

Building a balanced, meaningful, sustainable life is not an easy task. It requires an investment and a commitment of time, energy, and dedication. That said, my clients have reported 2x-4x their investment using their newfound tools that help them get promotions, dream jobs, and salary increases.

What I teach goes beyond the 12 weeks and has a lifelong, transformational impact, often drastically improving overall quality of life and relationships with families, significant others, colleagues, bosses, and more.

To help you achieve your next-level life, I do offer flexible payment options. On your Breakthrough Call, I will review all available options.



NEXT STEPS



BOOK YOUR BREAKTHROUGH CALL

The Stress RESET Program is the fail-proof, fastest path to optimize your response to stress and overwhelm and help you reclaim your life.

Ready to join the Stress RESET Program?
Book your free Breakthrough Call and get a personalized assessment of your underlying patterns contributing to stress and overwhelm and the exact steps you can take to get the life you want.

BOOK A FREE CALL