



Calm Is Contagious — So Is Grounded Leadership

Leah Skurdal, Resilience Guide, author, and COO at The Wellness Universe, draws on 30 years of research and lived experience to guide organizations serving families impacted by addiction recovery through uncertainty, emotional stress, and changing family dynamics. Her workshops offer practical tools to build greater stability, flexibility, and resilience.

Book Leah to speak: Leah@LeahSkurdal.com

Trusted By:



Author of
Seeking Serenity

SIGNATURE TALKS

Grounded Under Pressure: A Framework for Recovery Support Teams

❖ *Recovery support professionals often absorb emotional stress. Leah Skurdal, founder of The Grounded Presence Framework, equips them to stay steady and not carry it home.*

- Identify 4 signs your nervous system is in stress response
- Practice 3 body-awareness tools to reduce reactivity and sharpen regulation
- Use The Grounded Presence Framework for calm, confident responses in crisis

Compassionate Boundaries: Protecting Your Team from Burnout

❖ *Burnout and compassion fatigue affect recovery organizations. Resilience educator Leah Skurdal reveals how boundaries protect both the team and the mission.*

- Differentiate emotional reactivity apart from values-based response under stress
- Practice 3 ways to hold boundaries that ease overwhelm and sustain your team
- Use a reflection tool for steadiness and clearer decisions under pressure

Agile, Not Fragile: Building Calm in High-Stress Recovery Environments

❖ *Stress and calm both spread fast through a team culture. Lived experience expert, Leah Skurdal helps recovery leaders become the calm that spreads.*

- Identify 5 burnout patterns to swap for 5 habits that build calm
- Trade fragile for agile, even in constant emotional activation
- Choose the calm that helps teams and families feel safe and supported