

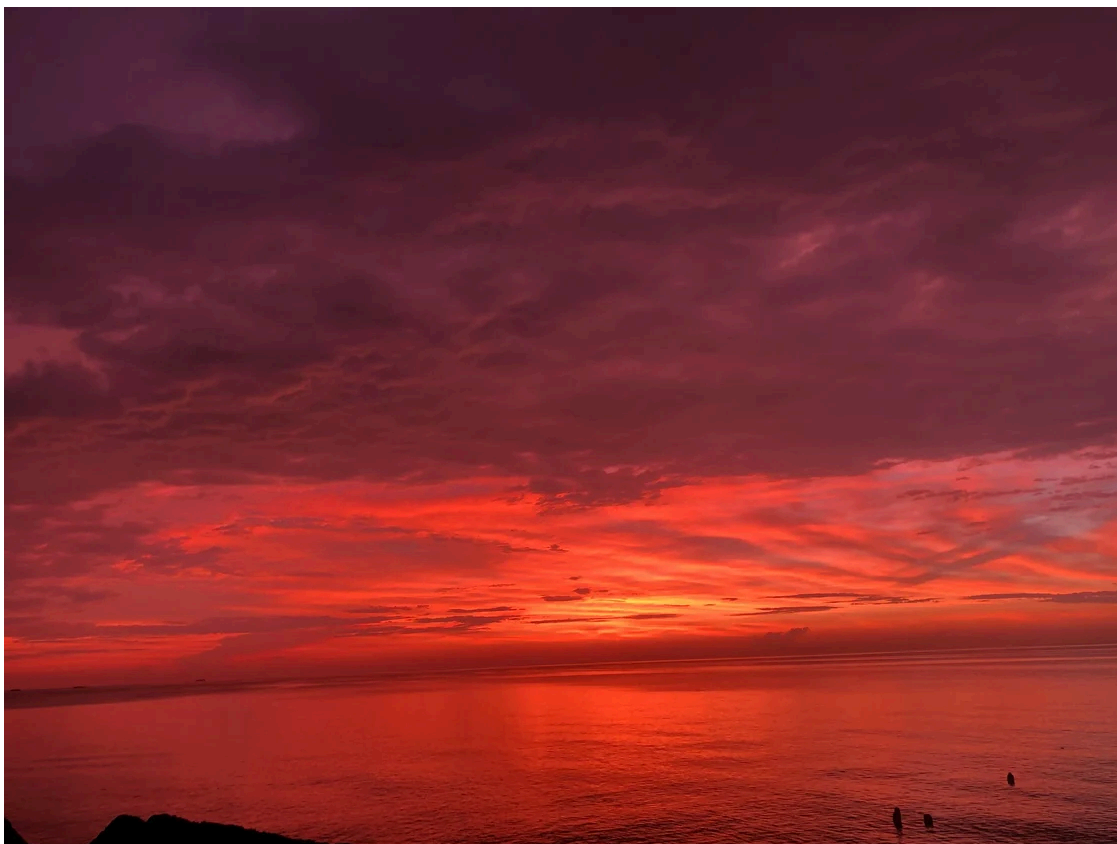


## Welcome back!

Happy Tuesday! I'm so glad you're here for the second edition of Leadership Unscripted. Thank you for the warm responses to last week's launch—your support energized me even more!

For those who are new subscribers, thank you for joining as well! My reminder, as stated last week: If, after today, you feel this newsletter isn't for you, no hard feelings. Just unsubscribe—no offense taken. Trust me, I get too many emails, too!

## A Little Morning Inspiration



*A sunrise that can take your breath away can start your day in a phenomenal way.  
My friend sent me this!*

### **Leadership is Unscripted**

Today, I want to dive into something that takes courage, heart, and—yes—a bit of discomfort:

#### **Courageous Conversations.**

Ever had that knot in your stomach when you know you have to speak up but dread it? Me too. Whether professionally or personally, we all face conversations we'd rather avoid. But here's the truth: avoiding them rarely makes things better.

Courageous conversations clear the air, deepen trust, and open doors for growth we didn't know were possible.

#### **Quick Story: "Can we talk?"**

Years ago, I had to address a conflict with someone close to me. I procrastinated—hoping the issue would vanish (it didn't!). When I finally gathered the courage to speak, my voice was shaking, my stomach was uneasy, but once the conversation began, clarity and relief followed. It wasn't easy, but it was worth it. That single

conversation taught me a powerful lesson: the toughest conversations often hold the biggest growth opportunities.

### **Leadership Insight: How to Have Courageous Conversations**

Here's a simple framework that I've found incredibly helpful. Consider these steps the next time you have to step into a courageous conversation:

- **Prepare Clearly:**

Know your intention. Why is this conversation important? What outcome do you hope for?

- **Speak Directly but Compassionately:**

Be clear and concise about the issue. Don't dance around the point, but always lead with empathy.

- **Listen Fully:**

Allow the other person to share openly. Listen not to respond, but to understand. (Sometimes this may be the hardest part!)

- **Collaborate on Next Steps:**

Agree on actionable steps forward. What can each of you do differently? How can you grow from this?

### **Action Step for the Week:**

Think about one courageous conversation you've been avoiding. Write down:

- Why are you avoiding it?
- What good could come from finally having this conversation?
- How can you initiate the conversation compassionately this week?

**Then, set the intention and make it happen. You've got this.**

### **What I'm Up To:**

I'm two weeks away from speaking at the Leadership Experience Tour—[grab a virtual ticket](#) if you want year-long access to some great leadership insights. I would love your support as I have a goal of getting 30 people to get one. If you do, reply and let me know! And yes, I'm still buzzing with excitement about finishing my book! This week, I had my initial readers give me some great feedback! It explores living and leading authentically, and I'll soon share details on how you can join the launch team (stay tuned!).

### **Final Thought:**

Remember, courageous conversations aren't about confrontation—they're about clarity and connection. This week, step bravely into one conversation you've been avoiding. You'll thank yourself later.

With appreciation,

Paula R Jenkins

Founder, The Live By Example Speaker

*"Everything Begins and Ends with Communication."*



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