



Welcome back!

Happy Tuesday! Welcome back to **Leadership Unscripted**.

Last week, we explored authentic listening and the intentional effort required to truly hear and understand each other. I hope you saw even small positive shifts in your conversations. This week, let's dive into the concept of **Leadership Seasons**—and how to navigate the changes they bring.

Quick personal reflection:

This past weekend, I attended a friend's engagement party in Georgia. Well, she surprised us all—it turned out to be her wedding! It was beautiful, emotional, and the perfect reminder of what navigating change truly means. She stepped into a new season: marriage. Yesterday, when we talked, she jokingly asked, "Okay, how do I be a wife now?" We laughed, but it reminded me that every new season in life, personally or professionally, requires thoughtful navigation and intentional preparation.

Stepping Into a New Season



No matter what change you're facing, intentional preparation makes navigating it easier.

Why Navigating Change Matters

Change is inevitable—it happens to all of us. Sometimes we're prepared, often we're not. But regardless of readiness, we must navigate it. This can be especially challenging for leaders who carry additional responsibilities and expectations.

Leadership Insight: Managing Your Leadership Seasons

Let's simplify this to three important ideas:

- **Acknowledge the Season:**

Recognize clearly which season you're currently in. Is it calm, chaotic, or somewhere in between?

- **Give Yourself Grace:**

Understand you are human. It's okay to feel unsettled during transitions.

- **Prepare Intentionally:**

Consider what resources or support you need to navigate this current season successfully.

Action Step for the Week:

Reflect on your current leadership season by journaling answers to these three questions:

1. "What specific season am I in right now?" (Growth, calm, challenge, uncertainty?)
2. "What have I learned from past seasons that I can apply now?"
3. "What intentional action can I take this week to navigate my current season more effectively?"

What I'm Up To:

I'm thrilled to head to Troy, Michigan, this week to speak at the **Leadership Experience Tour!** [Virtual tickets are still available](#) and grant full-year access to powerful leadership insights. Big thanks to everyone who's already grabbed theirs!

Teaching Update: Some of you may know I am an adjunct professor at Oakton College—a role that brings me great joy. This summer, I taught **five** asynchronous courses: Principles of Marketing, Introduction to Public Relations, Talent Acquisition, Learning & Development, and e-Business. It was intense (yes, FIVE!), but rewarding. I'll share more insights from teaching in future editions!

Final Thought:

Leadership seasons come and go, often without notice. Whether you're ready or not, how you navigate these seasons matters most. Give yourself grace, know you're capable, and remember: a new season always follows. You've navigated seasons before—you'll do it again, even better this time.

With appreciation,
Paula R Jenkins

Founder, The Live By Example Speaker

"Everything Begins and Ends with Communication."



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