



Welcome back!

Happy Tuesday and welcome back to Leadership Unscripted!

This past week has been a whirlwind—in the best possible way. I just returned from Troy, Michigan, where I spoke at the Leadership Experience Tour—an event I've been preparing for since the beginning of the year. The trip was filled with energy, excitement, and connection... but let me be real: it also left me **exhausted**.

Between the road trip, preparing and delivering my talk, multiple interviews, workshops, and networking, I hit that post-event wall hard. Yesterday, I permitted myself to rest.

Here's the truth we don't talk about enough as leaders: **It's not just okay to rest—it's essential.**

When our energy is low, we can't show up fully for our teams, our clients, or ourselves. Leadership is not about pushing through at all costs; it's about knowing when to **pause, recharge, and reset**.

Why I Love What I Do

THE LEADERSHIP EXPERIENCE TOUR



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Speaking is my gift. Pouring into people is my gift. I love what I do! The title of my speech was “From Pressure to Purpose: How True Leaders C.R.E.A.T.E. More Leaders”.

Why This Matters

Leadership burnout isn't just about working too much—it's about working without replenishing your mental, emotional, and physical energy. And if you don't take intentional breaks, your effectiveness (and health) will pay the price.

3 Tips for Leading When You're Exhausted

1. Be Honest—With Yourself and Others

Recognize the signs of low energy early. If you're feeling drained, name it. Let

your team know where you are mentally and physically. This isn't weakness—it's transparency, and it builds trust.

2. **Ask for Grace and Support**

Don't carry everything alone. Delegate where you can, reschedule non-urgent commitments, and let others step up. Asking for help is not a leadership failure—it's a leadership skill.

3. **Create Micro-Moments of Recovery (I did **ALL three** of these yesterday!)**

You may not always be able to take a full day off, but you can recharge in small ways:

- 10 minutes of quiet with no phone or laptop.
- A quick walk outside to clear your head.
- Deep breathing or meditation between meetings.

Small moments of recovery add up, especially during busy seasons.

Want More?

Download my free ***Leader's Low-Energy Survival Guide*** for practical strategies to stay effective while you recharge.

[Click here to get your copy](#)

Action Step for the Week:

Think about your current energy level. On a scale of 1–10, where are you right now? If you're below a 7, what's one step you can take today to rest or ask for support?

What I'm Up To:

I'm still on a high from my time at the Leadership Experience Tour—I'll be sharing more about the event in upcoming editions. For now, I'm prioritizing rest so I can return to my work fully energized for my clients, students, and speaking engagements.

Final Thought:

Leadership is not about always being "on." It's about knowing when to step back, breathe, and let others carry the load for a moment. This week, if your energy is low, give yourself the grace to rest. When you recharge, you lead better. Reply to this newsletter and let me know if you have mastered this practice or not!

With appreciation,

Paula R Jenkins

Founder, The Live By Example Speaker

"Everything Begins and Ends with Communication."



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