



Welcome, Leader!

Thank you for being part of the very first edition of **Leadership Unscripted**! I'm thrilled you're here. Whether you signed up recently, heard me speak, or met me through a calendar invite, welcome! 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!

Every Tuesday at 10:00 a.m. CT, I'll drop into your inbox intentionally, authentically, and (hopefully) with some humor. Leadership is serious—but let's agree not to take ourselves too seriously!

Leadership is Unscripted

Leadership can be hard. Even though I talk about it daily and help others through it, I'm still learning myself—it's truly a lifelong journey. My own coach once lovingly reminded me: *"You have to work on leading yourself better!"* Facts!

Leadership is messy, tough, unnerving, and yes, sometimes downright challenging. But it's also fun, impactful, transformative, and above all, authentic. I often talk about being "authentically Paula," not to brag, but to remind myself (and hopefully you) that knowing who you truly are is key. If you're still discovering that authenticity, let's tackle that together.

Quick Personal Story: Letting Go of Perfect

Confession: I'm a recovering perfectionist. This newsletter was supposed to launch two weeks ago, but I kept stalling, waiting for "perfect." The truth is, perfection doesn't exist. And chasing it kept me from starting a lot of things, like Instagram reels.

Last year, I didn't even know what a reel was until I asked my daughter (yes, really). This year, I started posting. Were they perfect? No. But people responded with support and encouragement. What mattered was that I showed up.

If perfectionism is holding you back, here's your nudge: just start. Imperfect action beats no action.

Random fact about me: I started juicing recently and I LOVE it!



Leadership Thought of the week:

"Everything Begins and Ends with Communication."

How are you showing up when you speak? Are you thoughtful with your tone, body language, and presence?

Are you reacting too fast to emails or texts? Are you holding back something that needs to be said?

Especially in those challenging conversations or moments of tension, give yourself space to respond intentionally.

This week, try this: Pause. Breathe. Think. Then respond.

What I'm Up to:

People often ask: "Paula, where can I hear you next? What's going on with your book?"

Summer is my intentional pause time, but speaking picks back up in August. You can catch me at the upcoming Leadership Experience Tour. [Get Your Virtual Ticket Here](#), and you'll have access for an entire year!

And speaking of big updates—I've officially finished writing my book on living and leading authentically! More details soon—I can't wait to share it with you.

Final Thought

Until next Tuesday, be intentional about how you communicate. Pause, breathe, and remember: Leadership truly begins and ends with communication.

With appreciation,

Paula R Jenkins

Founder, The Live By Example Speaker

"Everything Begins and Ends with Communication."



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