



Happy Tuesday! Welcome back to Leadership Unscripted.

Last week, I shared a few reflections from my trip to Ghana—resilience, culture, and our reactions to mistakes. Over the next few weeks, I'll be unpacking each of those lessons a little deeper.

Today, let's talk about resilience.

Quick Reflection

As I stood in the castles where enslaved people were once held before being taken from their homeland, I was struck to my core. The resilience it must have taken to endure such horrific circumstances is beyond comprehension.

It reminded me that resilience is not just about “bouncing back.” True resilience is about holding on to hope, adapting when everything around you is changing, and finding strength in the middle of hardship.

As leaders, we may not face trials on that scale—but we do face challenges, pressures, and setbacks that test our resolve. And how we show up in those moments sets the tone for everyone we lead.

A Reminder for Leaders



Resilience isn't just about bouncing back—it's about holding on to hope in the middle of hardship.

Leadership Insight: How to Strengthen Resilience

Here are three practical ways to build resilience as a leader:

1. Reframe Challenges as Growth Opportunities

Instead of asking “Why is this happening to me?” shift to “What can I learn from this?” Reframing gives you back a sense of control and keeps you from being stuck in negativity. We can learn from every single challenge!

2. Anchor Yourself in Purpose

When times get tough, return to your “why.” A clear sense of purpose grounds you and provides the strength to persevere through obstacles.

3. Build Daily Resilience Habit

Resilience isn’t only for the big crises—it’s built in small, daily practices: journaling, prayer or meditation, exercise, rest. The stronger your foundation, the better you weather the storms.

Action Step for the Week:

Think about one challenge you’re facing right now. Ask yourself: “What is this teaching me?” and “How can I respond in a way that makes me stronger?”

Community Spotlight

I love hearing how these newsletters are impacting you. One subscriber recently shared:

“Hi Paula! I just want to say I love receiving your email newsletters!!! They somehow always help me right before a big meeting, where 1) you advised to keep in mind your audience. And 2) this latest one reminded me to keep in mind the culture. These tips have already impacted me!!! Love it!! 🥰”

Messages like this remind me why I write every Tuesday—to inspire, equip, and walk alongside you as we grow in leadership together.

What I’m Up To:

I’m back from Ghana and still reflecting on the many lessons that trip gave me. I’ll continue sharing them with you here in the coming weeks

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Book Update: I’m in the final editing phase of my book, and now comes the fun part—I need your help naming it. 🎉 If you haven’t already, check out my posts on LinkedIn, Instagram, or Facebook to add your suggestion—or simply reply to this email and share your idea directly with me.

New Videos: I’ll also be uploading short videos on my YouTube channel soon with additional leadership lessons. I’ll share links as they go live so you can watch and share.

Final Thought:

Resilience is less about avoiding difficulty and more about how you rise in the middle of it. This week, remember: challenges don't define you—your response does.

Newsletter Archives:

Have you missed a newsletter? You can now find all past editions here:

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With appreciation,

Paula R Jenkins

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"Everything Begins and Ends with Communication."



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