



Happy Tuesday—and Happy Veterans Day!

Today, I want to start by expressing my deepest gratitude to all who have served, including my dad. Veterans Day reminds us of courage, sacrifice, and service—and those same values live at the heart of true leadership. As we move through this season of gratitude, I want to share a message that has been sitting heavy on my heart lately: the power of pause.

Quick Reflection

If last week's newsletter, *Leading with Heart (and Without Burning Out)*, spoke to you... This is the follow-up you didn't know you needed.

It's been a busy season. Between workshops, coaching sessions, travel, and preparation for 2026, I've found myself doing what so many leaders do—pushing through. But I've also rediscovered something simple yet powerful:

Sometimes, the most productive thing you can do is stop.

A pause isn't weakness. It's wisdom. It's awareness.

It's giving yourself space to breathe so you can show up with intention.

Leadership Insight: The Power of Pause

Visual Reminder



We honor and remember.

Here are 3 Ways to Lead with the Power of Pause

1. Pause Before You React

Leadership often demands fast decisions—but emotional intelligence reminds us that every pause creates clarity. That single breath between stimulus and response can save relationships and reputations.

2. Pause Before You Decide

Just because you can move doesn't mean you should yet. Step back, assess the situation, and make space for better insight to emerge. Pausing creates perspective.

3. Pause to Appreciate

When we pause long enough to notice what's good—what's working—we strengthen resilience. Gratitude isn't passive; it's active awareness.

Action Step for the Week:

Build one intentional pause into your week.

Maybe it's 10 quiet minutes before your next meeting.

Maybe it's a walk. Or

Maybe it's just sitting still with your coffee in the morning—no phone, no emails, no

planning.
Just presence.

Community Spotlight

Your messages continue to inspire me each week. Recently, some readers shared:

“This was the perfect message for me this morning. You are my gift from the universe today.” and
"Love Love Love" and
"Loving your newsletter!"

That's the power of connection—and why I continue to show up here every Tuesday.

Thank you for reading, reflecting, and growing right alongside me.

What I'm Up To:

- Last week, I facilitated an all-company Fall retreat on the topic of "EQ in Action: Reading the Room and Responding with Intention" for one of my clients. It was powerful to discuss how we show up in situations when we don't have time to think - and pause. (See what I did there?)
- I was asked a few times last week about whether I coach individuals - I said, "Let's talk!". I do - but I recognize you have to be ready for coaching, and a lot of times we aren't ready to change or grow. Are you ready to change or grow?
- Coaching on the spot - I was recently on a Zoom, and there was a moment when I interjected and asked if it was ok if I coached the person on the spot. They were struggling in their current role at a company that they feel is no longer for them, but what we got to was that their mindset has to change - not just going to a new job. Not always easy - this takes work!

Final Thought:

As we honor our veterans today and their incredible example of service, courage, and sacrifice, let's also remember to serve ourselves with the same commitment—to rest, to reflect, and to lead from presence, not pressure.

Because in leadership and in life, the pause isn't the problem. It's the power.

I always love hearing from you — your reflections make this space richer for everyone.

Reply and let me know if this resonated!

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With appreciation,

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"Everything Begins and Ends with Communication."



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