



Happy Tuesday! Welcome back to Leadership Unscripted.

*Last week, we kicked off our October series—**Emotional Intelligence in Action**—with a focus on Self-Recognition, the mirror moment that helps us see how we show up.*

*This week, we're moving to the next step: **Self-Management**—the art of choosing your response instead of reacting out of habit.*

Quick Reflection

If self-recognition is the mirror, then self-management is what you do after you look in it.

It's one thing to be aware of your emotions; it's another to manage them when things get hard, tense, or unexpected. Whether it's a disagreement at work, a challenging client, or even a stressful day at home, self-management is where emotional intelligence shows up in real time.

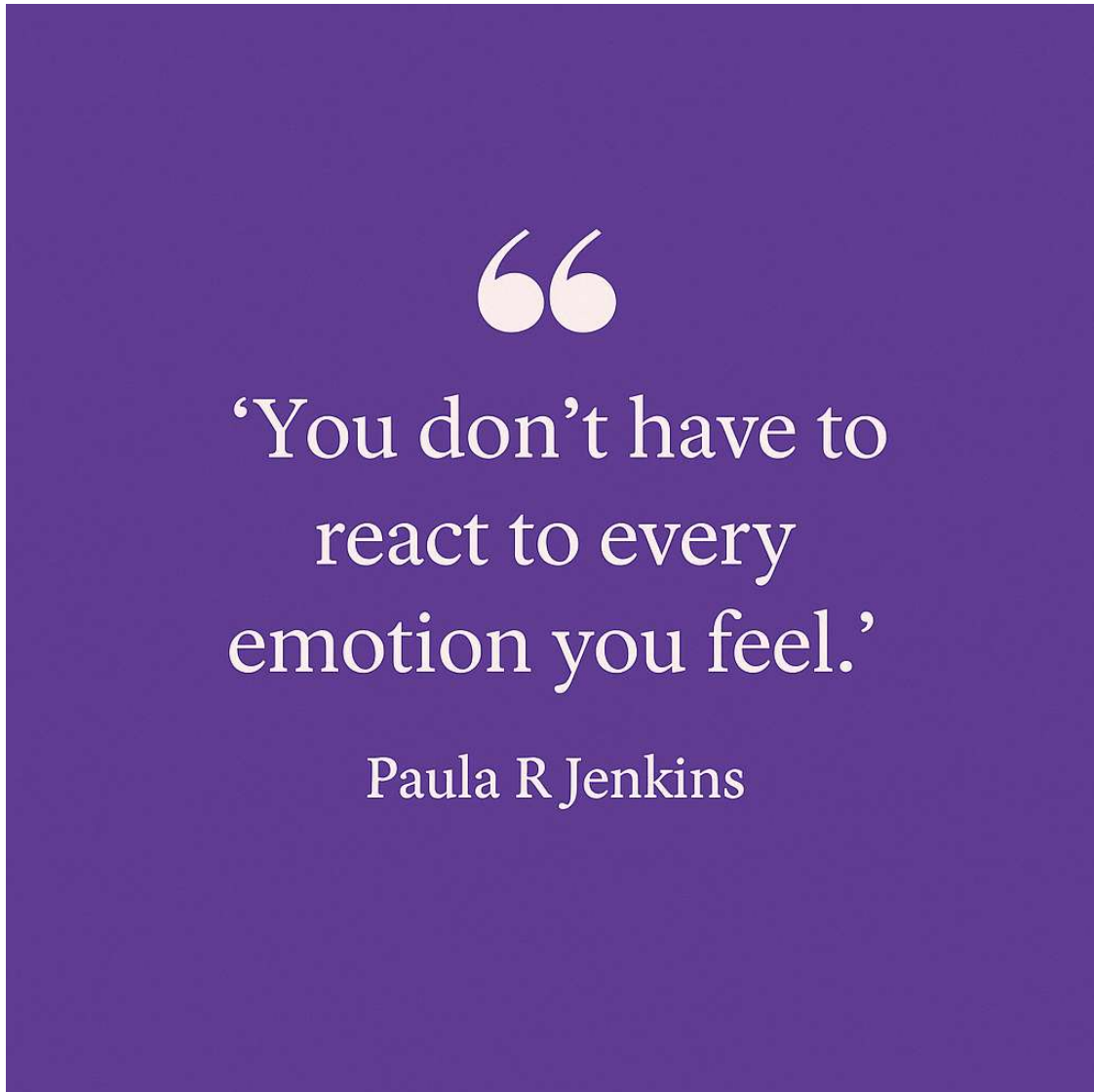
I've had plenty of moments—personally and professionally—where I didn't get it right. But I've also seen how practicing pause, presence, and patience can completely change an outcome. It's what I often tell my clients:

"You don't have to react to every emotion you feel."

The most emotionally intelligent leaders don't suppress emotions—they steer them.

Leadership Insight: 3 Ways to Strengthen Self-Management

Visual Reminder



Practice.

Here are 3 Ways to Strengthen Your Self-Management

1. ***Practice the Pause***

*When tension rises, take a **breath** before you speak. That small space between stimulus and response is where leadership lives.*

2. ***Check Your Triggers***

Know what sets you off—tone, timing, certain personalities—and plan how

*you'll manage it next time. Emotional maturity begins with **preparation**, not reaction.*

3. Reset and Reframe

*When you feel off balance, ask: "What's another way to see this?" **Reframing shifts** perspective and helps you stay in control of your energy.*

Action Step for the Week:

*Try my mantra: **Pause. Breathe. Think. React.***

Use it as a mental checkpoint before you respond to an email, conversation, or challenge this week. Notice how it changes the tone of your interactions.

Community Spotlight

Your notes and reflections continue to remind me why I share these messages each week.

"Your weekly emails always give me a lot to think about, and I enjoy your YouTube videos as well. You have a great gift and I'm grateful you share it with the world."

and another reader shared,

"This was the PERFECT message for me this morning! You are my gift from the universe today."

Messages like these mean the world to me. They remind me that growth, reflection, and connection are shared experiences—and that we're learning together every step of the way. Continue to respond to these newsletters to let me know how it's impacting you!

What I'm Up To:

- *This month, I'm deep in **coaching conversations around emotional intelligence and communication**—helping leaders manage their responses in high-stakes situations.*
- *If it's been a while since you've taken a **DISC or Emotional Intelligence (EIQ) assessment**, this is a great time to check in. These tools reveal not just how you behave, but how you manage your energy under pressure. Respond*

back and let me know if you are interested in taking an assessment, having a coaching session with me, or just want to find out more!

- *And I wrapped up a fabulous 9-month program as **Chair of my Women United WOC: UiL leadership cohort!** What an impactful closing ceremony, and lots of love was shared about the work we did this year! I will make sure to post about it soon!*

Final Thought:

You can't always control what happens—but you can control how you respond. This week, **lead yourself first, then lead others** from that same place of calm, clarity, and composure.

Reply and let me know if this is resonating with you - are my newsletters helping you? Adding value? I really want to know!

Edit this button

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With appreciation,

Paula R Jenkins

Founder, The Live By Example Speaker

"Everything Begins and Ends with Communication."



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