



Happy Tuesday from New York!

As this newsletter hits your inbox, I'll be walking across the stage, graduating from the Goldman Sachs One Million Black Women: Black in Business program.

A major milestone.

A moment of gratitude.

A reminder of resilience.

But I'll be honest — this past week wasn't all celebration. It was a week of highs *and* lows. And if you've ever tried to lead, work, show up, smile, or just function while life is lifeing... You already know how heavy that can feel.

Quick Reflection

Here's the thing most people don't talk about:

Leadership doesn't pause just because life gets hard.

But *you* can.

Some weeks, showing up feels easy.

Some weeks, showing up feels like lifting a boulder.

And some weeks... the most powerful leadership move you can make is stepping back.

A few weeks ago, I wrote:

Sometimes the most productive thing you can do is stop.

That truth echoed **again** for me this week.

Sometimes you reschedule meetings.

Sometimes you cancel plans.

Sometimes you let the list be the list.

And all of that is okay.

Honoring where you are is leadership.

Not pretending.

Not pushing through at all costs.

But knowing when to take a breath — and when to take a break.

Leadership Insight: How We Show Up (Even When It's Hard)

Visual Reminder



Preparing to graduate with 300 other entrepreneurs today!

Here are 3 Ways to Show Up Even When It's Hard

1. You don't have to be "on" to be impactful.

The world will tell you to perform. Your body will tell you to pause. Listen to the one that keeps you whole.

2. Showing up looks different every day.

Some days you are shining. Some days you are steady. Some days you are simply *present*. All three count.

3. Your impact is bigger than you know.

This weekend, I saw a woman I hadn't seen in at least six years. She cried when she saw me. She said she watches my videos. She said I'm out here impacting lives. She said my words matter, even when I don't know they're landing.

And in that moment — a heavy moment for me — / needed to hear that. Her vulnerability became my reminder: **We all impact people in ways we may never see.**

And so do you.

Action Step for the Week:

Pay attention to your capacity.

- If you're full, show up fully.
- If you're tired, show up honestly.
- And if you need to pause — honor that.

Give yourself the same grace you give everyone else.

Community Spotlight

Your messages continue to remind me why I show up here every Tuesday. After last week's edition, one reader shared:

"I took your words to heart. The grind wears parts of me away while I'm just getting through the never-ending list of tasks. Grace will take practice, but it sure beats the

alternative. Keep doing what you do — you're impacting people in a positive, practical, transformative way."

And another sent this encouragement that truly lifted me:

"You are on fire! I can't wait to see you on the GLS stage — you vowed you would do that one day, and you're on your way! I love these editions. Thank you for sharing your wisdom."

These reflections mean more than you know. Thank you for reading, applying, and letting me know when something resonates. We are growing together — one intentional week at a time.

What I'm Up To:

Last week, I facilitated a powerful workshop for a client:

Communicating to Influence: Building a Consultative Mindset through DISC & Emotional Intelligence.

Three teams. Nineteen participants. Deep insights, real learning, and immediate transformation.

Here's the feedback (you can see it for yourself):

 <https://www.talkadot.com/s/paulajenkins/feedback/BB366>

Their biggest takeaway? How they show up matters — and people feel the difference. Leadership isn't just what you say. It's how people experience you.

Final Thought:

Life will always hand us highs and lows, joy and heaviness, clarity and confusion. Leadership is not about avoiding any of that — it's about learning to navigate it with intention.

So, wherever you are this week, remember:

You matter. Your presence matters. And your impact is bigger than you know.

If this newsletter adds value, makes you think, or sparks a question... hit reply. I read every message — and I always respond.

Newsletter Archives:

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

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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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