



Happy Tuesday—and welcome back to Leadership Unscripted!

If you're thinking, "Paula...where have you been?" — fair question.

I took a real break. From work. From social media. From newsletters. From the noise.

I'm glad to be back — and I'm even more grateful I stepped away.

And to those of you who are new — welcome.

This is a space for honest leadership conversations, practical insights, and growth without the grind.

Quick Reflection: What Recovery Taught Me About Leadership

Over the past several weeks, I had major surgery and entered a season of recovery. I don't need to share all the details — but I do want to share what I learned, because leadership lessons show up everywhere...even when you're forced to slow all the way down.

Here are a few things that stayed with me:

- *I put my **out-of-office on** — not just my business email, but my personal email too. And guess what? The world kept spinning.*
- *I turned **Do Not Disturb on my phone** for the first 2½ weeks. (Turns out... it actually works. Who knew?)*
- *I turned off most app notifications. We truly have too many.*
- *I learned how to **sit still**. (If you know me, you know this was work.)*
- *I was reminded we can't control others — only how we show up.*

- *I experienced the power of **kindness** in a way that humbled me.*
- *I asked for help — and accepted it. A meal train showed up, even when I thought I didn't "need" it. It was a blessing.*
- *I missed walking and working out — and I'm excited to get back to it.*
- *As an extrovert, being homebound was tough... but I was grateful for visitors and connection.*

Leadership doesn't always teach us when we're charging ahead.

Sometimes it teaches us when we're forced to stop.

*And yes — **everything begins and ends with communication.***

Sometimes that communication is loud.

And sometimes it's quiet — because quiet is what you need for a season.

Leadership Insight: Stillness Is a Skill

We don't talk enough about stillness as a leadership skill.

Stillness helps you:

- *Hear what you've been avoiding*
- *Notice what actually matters*
- *Discern what's yours to carry — and what's not*

Which brings me to this year.

Visual Reminder



Back, rested, and leading with intention.

Looking Ahead: 2026

*My word for last year was **focus** — and I lived it.*

*This year, my word is **discernment**.*

And oh... am I ready for it.

Discernment about:

- *Where I spend my energy*

- *What I say yes to (and what I don't)*
- *How I show up*
- *What actually aligns*

So let me ask you:

- *Do you have a word for this year?*
- *What are you focusing on?*
- *How are you growing your leadership skills?*
- *Where do you need clarity?*

Hit reply and tell me — I read every response.

Community Spotlight - Before We Get Going...

If Leadership Unscripted adds value for you, I have two asks:

- **Share this newsletter** with someone who could use clarity, encouragement, or permission to pause.
- **Invite them to subscribe** and join us this year. ([share this link](#))

This community grows because you share it — and I'm grateful.

Final Thought:

I reflected on 2025 — and while it was tough, there were real wins. I'm choosing to carry those forward.

This year isn't about doing more.

It's about doing the right things — with intention.

Let's make this the year you do the work.

*And if you want support along the way — **I'm here.***

Newsletter Archives:

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

👉 [View the Newsletter Archives](#)

With appreciation,

Paula R Jenkins

Founder, The Live By Example Speaker

"Everything Begins and Ends with Communication."

PS: If you're new here — again - welcome. If you've been here a while — thank you. This space exists because of your honesty, reflection, and willingness to do the work. #TrueLeadersCreateMoreLeaders



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