



Happy Tuesday,

Over the past few weeks, I've had to recognize my own season — adjusting, recalibrating, and being honest about what I truly have the capacity for.

And if I'm honest, that hasn't always been easy.

*Because many of us are used to operating at one speed: **go**.*

But leadership doesn't work that way.

Quick Reflection

Not every season is meant for acceleration.

Some seasons are for:

- *growth*
- *reflection*
- *rebuilding*
- *rest*
- *clarity*

The challenge is, we often try to force ourselves into a season we're not in.

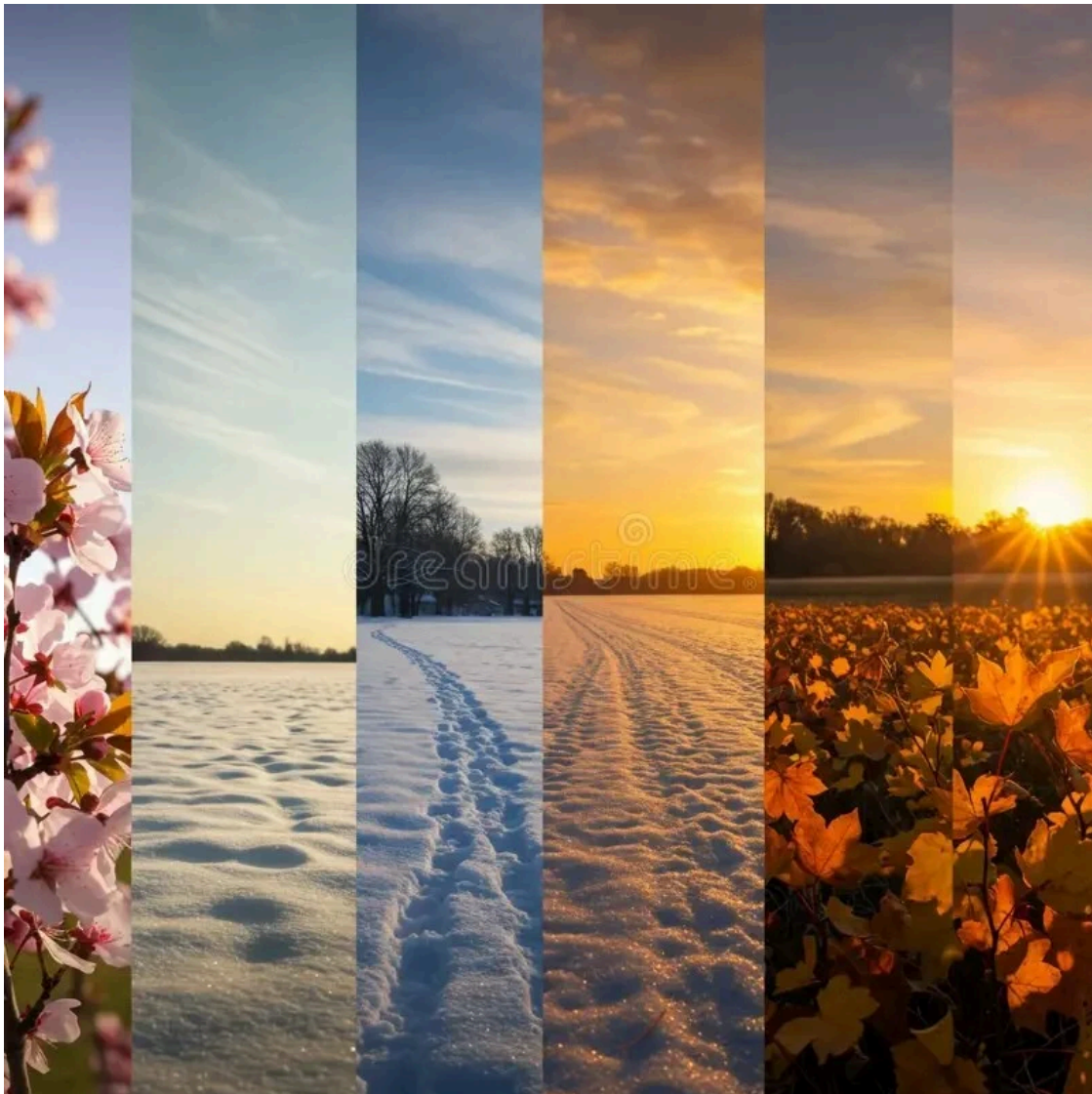
We push when we should pause.

We say yes when we should reconsider.

We expect more from ourselves than what the moment actually requires.

And over time, that creates frustration... and exhaustion.

Visual Reminder



Leadership grows in seasons.

Leadership Insight: Wisdom Is Knowing the Season

Strong leaders don't operate the same way all the time.

They recognize:

- *when it's time to move*
- *when it's time to listen*
- *when it's time to lead from the front and*
- *when it's time to step back and recalibrate*

There is no one "right" pace of leadership.

There is only alignment.

When you understand the season you're in, your decisions become clearer, your energy is better managed, and your leadership becomes more intentional.

Action Step for the Week

Take a moment and ask yourself:

What season am I in right now?

Then ask:

What does this season require from me?

Not what you wish it required.

Not what others expect.

What does it actually require?

Let your answer guide how you show up this week.

Community Spotlight

Your messages continue to remind me that we are all navigating a lot — often at the same time.

One reader shared:

"We are constantly being pulled in different directions by life, work, family, and even our own inner voice. Your work is so needed."

That resonated deeply.

Because it's true.

We are all balancing multiple demands, expectations, and responsibilities — and still striving to lead well.

Thank you for continuing to share your reflections and for being part of this community.

Final Thought

Leadership isn't about doing everything at once.

It's about doing what aligns with the season you're in.

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With appreciation,

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"Everything Begins and Ends with Communication."



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