



*Happy Tuesday,*

*March is always a reflective month for me.*

*Over the years, this month has carried a lot of personal loss in my life — my mother, a dear friend, and others who meant a great deal to me. Each year when these dates come around, the memories return. Sometimes gently, sometimes unexpectedly.*

*Grief has a way of doing that.*

*What I've learned over time is that leadership doesn't mean pretending those moments don't exist. Leadership often means honoring them privately... while still showing up in the spaces where people rely on you.*

*And the truth is, we never fully know what someone else is carrying.*

*A date.*

*A memory.*

*A phone call.*

*A song.*

*A moment that brings everything rushing back.*

*Yet many people — especially women — continue to show up every day while holding all of those things quietly.*

### ***Leadership Insight: Strength Isn't Always Loud***

We often think of leadership strength as visible — bold decisions, confident speeches, big moments.

But some of the strongest leadership happens quietly.

It's the leader who shows up to the meeting even when their heart is heavy.

It's the professional who continues to serve others while navigating their own challenges.

It's the person who carries loss, responsibility, family, work, and expectations — and still offers kindness, professionalism, and presence.

That kind of strength rarely gets recognized.

But it deserves respect.

### **Visual Reminder**



*Strength isn't always loud.*

***Action Step for the Week***

*This week, practice two forms of leadership:*

*First: Give yourself grace.*

*You don't have to explain every moment of heaviness. Honor what you carry.*

*Second: Extend that same grace to someone else.*

*You never know what date, memory, or moment they may be navigating.*

*Leadership isn't just about results.*

*It's about humanity.*

## **Community Reminder**

*One of the things I value most about this space is hearing how these reflections resonate with you.*

*A few recent messages stood out:*

- *"I feel you. Last year forced me to take a hard look at how I was showing up and what I could control about myself."*
- *"My word for the year is connection. I want to be intentional about connecting with others every day."*
- *"Your words hit home for me. They feel especially timely this time of year."*

*Your reflections remind me that leadership growth rarely happens in isolation. We are all learning, adjusting, and showing up together in different ways.*

*Thank you for sharing your thoughts and continuing to be part of this community.*

## **Final Thought**

*Showing up doesn't always mean you feel strong.*

*Sometimes it simply means you keep moving forward with intention.*

*This week, I will honor those I've lost quietly, while continuing to do the work that matters to me.*

*And I encourage you to do the same in whatever way feels right for you.*

*Lead with grace — for yourself and for others.*

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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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