



Happy Tuesday,

If you've been here with me for a while, then you already know this:

Everything begins and ends with communication.

I say it often because I believe it deeply.

Communication is not just about what you say.

It's about how you say it.

When you say it.

What you don't say.

Your tone.

Your timing.

Your body language.

Your ability to listen.

All of it matters.

And all of it reveals leadership.

Quick Reflection

Leadership is not just seen in big moments.

It shows up in everyday interactions:

- *How you respond to an email*
- *How you handle tension in a meeting*
- *How do you listen when someone disagrees*
- *How do you give feedback*
- *How do you make people feel in your presence*

That's why communication is such a powerful leadership tool.

You can have the title, the role, the education, and the experience — but if your communication repels instead of connects, people will feel it.

And if people feel dismissed, unheard, or misunderstood, trust begins to erode.

Visual Reminder



Communication is always saying something.

Leadership Insight: Communication Is Always Sending a Message

Whether intentional or not, your communication is telling people something.

It might say:

- *"I respect you."*
- *"I'm rushed."*

- “I’m not listening.”
- “I value your perspective.”
- “I’m frustrated.”
- “You matter.”

The question is:

What message are people receiving from you?

Because leadership communication is not only about intent.

It’s also about impact.

You may mean well — but if your tone, timing, or delivery says something different, that’s what people remember.

That’s why leaders must keep growing in self-awareness, emotional intelligence, and intentional communication.

Action Step for the Week

This week, pause and ask yourself:

Am I connecting... or repelling?

Pick one conversation, meeting, or email and be extra intentional with:

- *your tone*
- *your pace*
- *your listening*
- *your response*

Notice what shifts when you communicate with greater clarity and care.

Community Spotlight

I have to pause here for a moment.

After last week's newsletter on clarity, the responses I received were...
overwhelming in the best way.

Here are just a few things that were shared:

- *"This is GOLD!! Exactly the message I needed!"*
- *"You framed this in a way I won't forget."*
- *"Your newsletter always gives me exactly what I need to focus on — whether I want to or not."*
- *"The idea of clarity as alignment is changing how I think about everything."*

And one message that really stayed with me:

"Clarity is my love language."

Whew.

That's why I do this.

Continue to reply and let me know if this resonates!

And if you run into an issue, just email me at paula@lfsconsult.com

Thank you for reading, reflecting, and trusting me with your thoughts each week. It means more than you know.

Final Thought

Communication is not a soft skill.

It is a leadership skill.

And the way you communicate will either strengthen trust... or weaken it.

So this week, be intentional.

Because everything really does begin — and end — with communication.

Newsletter Archives:

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

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With appreciation,

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"Everything Begins and Ends with Communication."



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