



Happy Tuesday,

Let's talk about something we all experience — but don't always address:

the conversation we're avoiding.

You know the one.

The conversation that:

- feels uncomfortable
- might create tension
- requires clarity, you're not sure the other person is ready for
- or forces you to say something you've been holding in

So instead... we wait.

We tell ourselves:

- "I'll bring it up later."
- "Let me think about it a little more."
- "It's not the right time."

And while all of that may feel valid in the moment...

Avoiding the conversation doesn't make the issue go away.

Quick Reflection

Avoidance has a cost.

It shows up as:

- growing frustration
- misalignment
- confusion
- assumptions
- and sometimes, resentment

The longer the conversation is delayed, the heavier it becomes.

And what could have been a simple, clear discussion... turns into something much bigger.

Visual Reminder



"Say it with intention."

Leadership Insight: Avoidance Extends the Problem

Strong leaders don't rush into difficult conversations — but they don't avoid them either.

They prepare for them.

They think about:

- What needs to be said
- How to say it
- the outcome they want
- and how to stay grounded during the conversation

Because leadership communication is not just about speaking.

It's about speaking **with intention**.

Here's the truth:

Avoiding the conversation doesn't solve the problem — it extends it.

What This Looks Like in Real Life

This shows up in everyday situations:

- not addressing a performance issue
- avoiding a boundary that needs to be set
- not clarifying expectations
- letting miscommunication linger
- choosing silence instead of clarity

And while silence may feel easier in the moment...

It often creates more work later.

Action Step for the Week

Identify one conversation you've been avoiding.

Then ask yourself:

- + What needs to be said?
- + What outcome do I want?
- + What's the cost of continuing to avoid it?

Then take one step:

- Schedule the conversation
- Outline your thoughts
- or begin the discussion

Not perfectly.

Just intentionally.

Community Spotlight

I continue to appreciate the messages you send and how these conversations are landing.

One reader recently shared:

"You have a remarkable ability to share what seems to be exactly what I should focus on — whether I want to or not."
That stood out.

Because growth doesn't always come from what's comfortable.

Sometimes it comes from what we've been avoiding.

Thank you for continuing to read, reflect, and do the work.

What I'm Up To

So... here's the truth: I do a lot. 😊

I teach as an adjunct professor at Oakton College, run my business, volunteer, serve as chair or co-chair of five committees across four organizations, prepare to launch my book, and somehow still manage the daily flood of emails and text messages.

So why am I sharing this?

Because I was hoping to have my book pre-order link ready by now... and it's not.

And honestly? I had to give myself grace and remember that it's okay.

What is ready is the vision.

I officially have an advance reader team — thank you to everyone who responded to last week's newsletter — and I'm excited to share that my virtual launch party is scheduled for June 19th!

In the meantime, I'm continuing to build:

- a new landing page
- an all-day executive retreat for 14 leaders
- coaching sessions with executive clients
- and conversations with organizations interested in bringing me in to support their teams

The work is happening.

And while everything may not be ready on my timeline, I trust that it's still moving forward exactly as it should.

Final Thought

*Clarity requires courage.
And leadership requires both.*

So this week, instead of waiting...

Say the thing.

With appreciation,
Paula R Jenkins
paula@lfsconsult.com
Founder, The Live By Example Speaker
"Everything Begins and Ends with Communication."

Newsletter Archives:

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

👉 [View the Newsletter Archives](#)



Facebook



Twitter



LinkedIn



Youtube



Instagram

LFS Consulting LLC, PO Box 118, Lake Villa, IL 60046

You are receiving this email as you signed up for our newsletters.

Want to change how you receive these emails?

You can [Unsubscribe](#) or [Update your preferences](#)