



Happy Tuesday,

Before we move too far into June, I want to pause and do something a little different.

May was full.

We talked about mental clarity, executive presence, courageous conversations, and the power of resetting before you are completely worn out.

And based on your responses, these messages have been landing.

So whether you've been here every week or you're new to Leadership Unscripted, here's a quick recap of what we covered — and why it matters.

1. Mental Clarity Drives Leadership

You can have the plan, the goals, and the strategy...
...but if your mind is full of noise, everything feels harder.

You can't lead clearly if your mind is cluttered.

Reflection: What do you need to release so you can think more clearly?

2. Presence Over Performance

Executive presence is not about being perfect.
It's about how people experience you.

Presence is felt before it's explained.

Reflection: How are you showing up — and how are you being experienced?

3. Say the Thing

The conversation you're avoiding?

It's not going away.

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

Reflection: What conversation do you need to have?

4. It's Time to Reset

You don't need January to start over.

You need awareness.

You can reset at any moment.

Reflection: What needs to shift before this month moves too quickly?

What You're Teaching Me 💙

One of the unexpected gifts of writing this newsletter is hearing how these messages land in your lives.

This week, a reader shared that a keynote I delivered over a year ago is still influencing decisions they are making today.

They wrote:

"A talk you may not even remember much about giving a year ago is still having a ripple effect."

Whew.

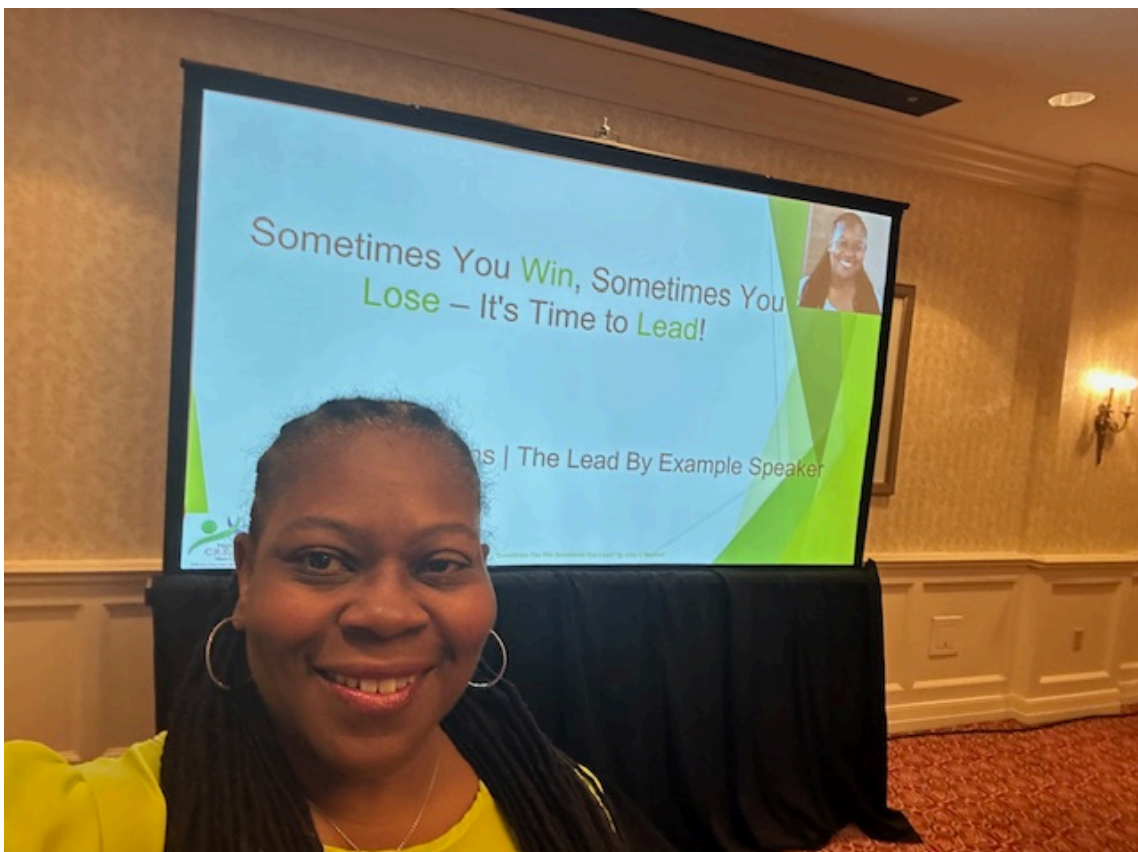
That one stopped me in my tracks.

As speakers, coaches, leaders, and even parents, we often don't know what words people carry with them long after the moment has passed.

It's a reminder that our impact often extends beyond what we can see.

Thank you for allowing me to be part of your journey.

Visual Reminder



"How you show up matters more than you know. "

What I'm Up To

June is a big month.

I am officially in book preparation mode for **Show Up Like You Mean It: Living, Leading, and Speaking Your Truth.**

My virtual book launch is happening on June 19th, and I am excited, nervous, grateful, and trying not to overthink every single detail. Pray for me — or at least send snacks (kind of joking - maybe not!).

The responses I've received from many of you recently have reminded me that this book was never really about me. It's about the conversations, growth, and ripple effects that happen when we choose to show up authentically.

Over the next few weeks, I'll be sharing more about the book, the lessons behind it, and how you can support the launch. **Remember: You can register here for the virtual book launch:**

<https://bit.ly/virtuallaunchshowuplikeyoumeanit>

For now, here's what I ask:

If this newsletter has added value to you, please keep reading, keep replying, and when the time comes — help me share this book with the people who need it.

Final Thought

Leadership is not one big moment.

It's a series of small, intentional decisions:

what you focus on

how you show up

what you say

what you choose to change

and when you decide to reset

If even one of these messages helped you pause, reflect, or lead differently, then we're on the right track.

With appreciation,

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"Everything Begins and Ends with Communication."

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