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September: Recommitting to What Matters Most

*September is the season of return. Back to school. Back to structure and routine.
Back to what matters most. But it's not about going back - it's about rebooting forward!*



Whether your summer brought clarity or chaos, now is the time to pause, take inventory, and realign with what you want to feel, create, and lead through the rest of the year.

This season invites us to recommit to our leadership from a deeper, truer place.
Not a redo but a reset!

So grab your journal and consider some questions to help you do just that!



Self-Awareness & Reset

- What truths have I been avoiding that I am ready to acknowledge?
- What am I holding on to that does not align with who I am becoming?
- Where have I drifted from my values or intentions? (Why?)

[Learn More about Assessments](#)

Recommit & Realign

- What is calling for more of my attention and energy right now?
- Where do I need clearer boundaries?
- If I could start fresh today, what would I say yes to? (What would I let go?)

[Learn more](#)



Move with Intention

- What is one thing I can say NO to this month to create more space for what really matters?
- What on habit can I reboot to support my well-being or leadership?
- What is one brave step I can take to act in alignment with my future self?

[Learn more](#)



What I'm Offering

As we transition into Fall, I am excited to share meaningful ways we can work together - whether you're ready to reboot, recommit or realign.

Leadership Reboot: EQ or Enneagram Edition

Launching late October, this 3-part virtual workshop is for leaders ready to reignite their clarity, confidence, and purpose. You can choose from two powerful options: ***Reboot with EQ*** (Focus on Emotional Intelligence) or ***Reboot with Enneagram*** (Focus on Leadership Patterns & Insight).

Each version includes: 3-part interactive experience, an optional 1:1 coaching session and reflective tools and practical strategies for meaningful momentum.

→ **Explore Reboot Options** [Click Here & Register](#)

Mentorship Mastery Book – Available September 9th on Amazon!

I'm honored to be a contributing author in this upcoming book on holistic mentoring filled with stories, tools and frameworks for mentoring with both heart.

My chapter explores the internal journey of leadership with practical tools you can use today to increase your EQ to help shape relationships.

Spring 2026 Group Experience – Self-Discoveries

Join me for a short intense group coaching series focused on self-awareness and personal insight with like-minded leadership. We'll use an assessments to explore your leadership style and inner patterns—to grow the kind of leadership that starts within.

→ **Learn More & Want on the Waitlist?** [Click Here](#)

Coaching | Consulting | Leadership Training

I support leaders and teams who are ready to grow from the inside out—through 1:1 coaching, team sessions, and tailored trainings.

It's about creating clarity, confidence, and real connection in how you lead.

→ **Let's connect** [Click Here](#)



Thank you for being here.

Whether you've been following along for a while or this message found its way to you through a friend—I'm grateful you're here.

If this resonated with you and you'd like to receive future insights, tools, and leadership offerings directly → [Click Here](#)

Let's keep growing together!

With Gratitude & Luv,
Kristen



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