

August: The Rest Between Chapters

*Summer is the season of stillness, soaking in, and softening before the shift.
In this last month of Summer, we honor the space between what was and what's next.*





What's surfacing for you right now?

Maybe you're in a period of change—professionally, personally, or both. Maybe you've been carrying something for too long: a role, a pressure, a version of yourself that no longer fits.

Reflect:

- What is your body, your energy, your leadership trying to tell you right now?
- What are you tolerating that's no longer aligned?

If you've taken an assessment like **MBTI**, **EQ**, **Enneagram**, revisit it with fresh eyes.

What does it show you about how you respond to transition, change—or tension?

[Learn More about Assessments](#)

Gentle Framework for Transition

In my work with leaders and teams, the urge to sprint into "what's next" is real—but sustainable leadership begins with presence. And in doing that you can be more agile with change and transition.

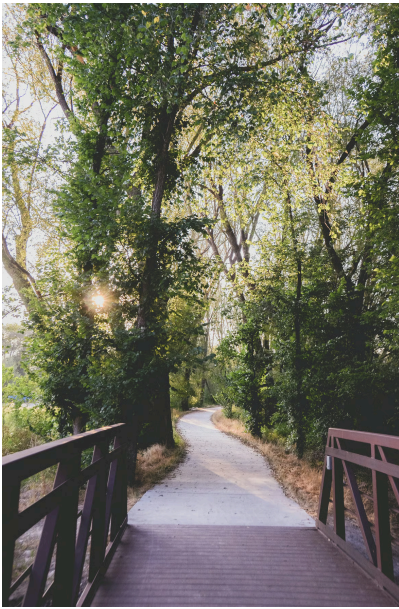
Reframe:

Rest is not a reward, it is required for clarity!

Try giving yourself permission to **pause without guilt**. It's not inactivity—it's recharging!

[Learn more](#)





One Practice this Week

Before jumping into planning mode or the 'busy' of this week, ask yourself: *"What would 'intentional rest' look like for me right now?"*

Renew with one of these actions:

- Block 1 hour "no-agenda time" in your calendar
- Say NO to one thing that drains you
- Walk without your phone
- Start your day 10 minutes slower than usual

Small shifts create presence and space for bigger insight.

[Learn more](#)



What I'm Offering

As we all prepare for our next season, I wanted to share what's coming and how I support leaders:



Spring 2026 Group Experience – Self-Discovery

Join me for a short group coaching series focused on self-awareness and personal insight.

We'll use an assessment 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 help leaders become more self-aware, connected, and effective—so they can grow their teams and themselves with purpose and integrity.

→ **Let's connect** [Click Here](#)



Coming in September 2025...

I'm thrilled to share that I've contributed a chapter to *Mentorship Mastery*—a powerful book exploring modern mentoring with heart and humanity. I'll share more this Fall!



Thank you for being here.

This is the first of many reflections I'll be sharing under the umbrella of *Seasons of Leadership*—rooted in transitions, emotional intelligence, and the real work of sustainable leadership.

Feel free to forward this to someone who's navigating a shift.

And if you're not on the list yet, you can subscribe here → [Click Here](#)

Until next time...

With Gratitude & Luv,
Kristen



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