

The pause button

Speed can be tempting. The email gets fired back. The decision gets made on the spot.

But quick reactions aren't always the right ones.

They can miss context, shut down good ideas, or create more work later.

Next time you feel the urge to reply immediately, stop. Breathe.

Check in with yourself:

- **What's really needed here?**
- **What's the most helpful response?**
- **Who else needs to be involved before we act?**

Leadership isn't just about doing more, it's about making better calls.