

A Summer Pause for Leaders – 5 reflective Questions

Summer invites a different kind of thinking - slower, warmer, more expansive.
Here are five simple questions to carry with you - into a quiet moment, a walk, or even a conversation.

1

What do I want to feel more of in the second half of the year?

2

What's one thing I've learned lately about my own leadership?

3

Where is there ease - and where is there tension?

4

Who or what recharges me right now?

5

What would 'leading well' look like for me in September?

A Summer Thought for Leaders

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer’s day... is by no means a waste of time.”

John Lubbock

Leadership isn’t just in the doing. Often the most valuable work happens in the spaces in between - the pause, the step back, the long exhale.

This summer, may you find that kind of space.

The Science of Rest

Rest is the quiet twin of high performance

Here’s what the research says:

- A simple walk can boost creative thinking by up to 60%. ¹
- Moments of positive emotion help us think more broadly and build resilience.²
- Properly unplugging on holiday can lift your well-being for up to 6 weeks afterwards.³

Rest isn’t just a break from work - it’s the ground where creativity, clarity, connection, and well-being grow.
This summer, let rest be your leadership strategy.