



ISSUE . 1

RISING PHOENIX

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WELCOME TO OUR
Monthly Newsletter

The Deeper Dimensions of Leading

Dear Fellow Travelers,

We're writing to you from a place of deep respect , for the weight you carry, the vision you hold, and the countless lives you touch through your leadership.

If you're reading this, you likely spend your days creating space for others to heal, to grow, to find their way back to wholeness.

You're probably really good at it.
And you're probably really tired.

This newsletter isn't here to add to your reading list or give you another framework to implement. It's here because we believe leaders like you deserve to be held, nourished, and reminded of your own humanity.



From Burnout to Breath: *Your Nervous System Is Your Leadership Infrastructure*

Here's something we need to say plainly: emotional intelligence isn't a soft skill. It's the foundation.

But here's what we've learned from the leaders who don't burn out: the courage to stay present with feeling—your own and others'—without drowning in it isn't built through willpower alone.

It's built through trusting yourself enough to slow down. Through trusting your team enough to delegate what strengthens them while freeing you for what only you can do. Through trusting that the practices that restore your nervous system aren't selfish—**they're essential.**

When you trust your team with meaningful work, something beautiful happens: they grow, they feel valued, and you create space for the strategic thinking that only happens when you're not in constant reaction mode.

The leaders we most admire have learned that meditation, breathwork, yoga, and time in nature aren't luxury add-ons to "real" leadership. They're the foundation that makes everything else possible, including the presence of mind to see your team's potential and the spaciousness to let them step into it.

Your nervous system can't distinguish between a budget crisis and a lion chasing you. But when you give yourself permission to breathe, to delegate, to trust, you model for your entire organization that sustainable strength comes from wisdom, not willpower.

Finally , you soar through like a ***Rising Phoenix***

Question for reflection : Where in your life do you get to be held rather than holding? Where do you get to receive rather than give?

The most sustainable leaders we know have built what we call a "circle of accountability" , not people who hold them accountable to performance, but people who hold them accountable to their wholeness.

Your leadership ikigai lives at the intersection of 4 elements:

- What you love
- What you're good at
- What the world needs
- What sustains you



When these four circles align, something magical happens you stop "working" and start living your purpose.

Your energy becomes electric because you're no longer forcing yourself through each day;
you're flowing with your reason for being.

But here's what most leadership advice misses: you can't sustain this alignment alone.

Your circle of accountability helps you stay connected to all four elements, especially when the demands of leadership pull you away from what you love or what sustains you.

Relaxation Is Your Secret Weapon

Here's something that might sound heretical: **relaxation is a core leadership competency.**

When we're chronically activated, running on adrenaline, caffeine, and the rush of always being needed, our leadership becomes reactive. We make decisions from fear. We solve today's problems with yesterday's solutions.

But when we remember how to truly relax, something different becomes available:

- We sense what's really needed rather than what's urgently demanded
- We respond to the person in front of us rather than the crisis we're anticipating
- We access creative thinking that comes from spaciousness, not pushing harder

Micro-practices that work:

- Three conscious breaths before every meeting
- Daily walk without podcasts or phone calls
- Five minutes of sitting in your car before going home

These aren't indulgences.

They're investments in the quality of presence you bring to everything else.

A Note from Ryan & Karen

We want you to know that your work matters. Not just the outcomes you create, but the presence you bring, the dignity you offer, the way you see people as whole human beings rather than problems to be solved.

You are part of the healing of the world.

We see you. We honor you. And we're grateful you're here.

If these words found you at the right moment, we'd love to hear from you.

Not because we have anything to sell, but because we believe in the power of connection, of knowing we're not alone in this work.

Reply and tell us: What's one practice that helps you stay grounded as a leader?

Until next month,

Rising Phoenix
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Rising Phoenix Monthly is written from the heart for leaders who hold space for healing. It's our gift to you , no strings attached, just one human offering to another.