

Steady in the Storm

A Reflection Guide for Leaders in Times of Loss, Uncertainty & Change

1. Grounding Ritual

Before you begin, take 3 minutes. Find stillness. Place your feet flat on the floor, hands in your lap, and take three slow breaths.

Then, write freely in response to this prompt:

- What am I arriving with today? Emotionally, mentally, physically.
- Without judgment, what needs tending within me right now?

2. Reflection Prompts

These questions are meant to guide, not diagnose. Use them gently and return to any that resonate.

- What am I grieving right now that hasn't been named?
- Where do I feel most depleted-and what would support look like?
- What version of me is trying to emerge?
- What strength am I overlooking because it doesn't look 'productive'?
- Who or what reminds me I'm not alone?

3. Closing Integration

To integrate your insights, reflect on this final prompt:

- What's one thing I can offer myself in the next 24 hours-grace, rest, permission, truth?

Circle it. Honor it. Let it shape your next step, however small.

4. About the Author

Jenna is an Executive Coach, Speaker, and Author whose work centers on grief, growth, and resilience in leadership.

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Through keynotes, coaching, and reflection-based tools like this one, she helps leaders and organizations meet moments of loss and uncertainty with presence and integrity.

To learn more, visit www.beself.ist or book a clarity call.