

May: Practicing Presence

*The bees are back. The birds are louder. The days are longer and the light is staying.
And somehow, in all of that beautiful aliveness... everything got very, very busy.*



If April was the wavering start... May is when Spring stops hesitating and just arrives. All at once.

School wrapping up, calendars full, pollen on every surface, and people already talking about Summer. It has the busyness of December energy... but with more light and something blooming just outside your window. It is full. It is beautiful.

And... it can absolutely sweep you away, if you let it.

How often do we let the fullness of a season pull us into autopilot?

This is what I am noticing in the leaders I work with right now. Not that they are burned out or checked out... but that the pace that May can demand, can quietly move them from conscious leading to a place of conscious choice to simply keeping up. From engaging intentionally to just going through the motions.

And the thing I keep hearing underneath all of it is this...
I will get to that... when things calm down.

'That' meaning sleep, time with family, time for yourself, eating well, exercise... you name it.

I want to gently offer that... things are not going to calm down. May becomes June becomes Fall becomes next year. And the cost of waiting is paid in reactive decisions, missed connections, and leading from whatever is loudest or most urgent in the room, rather than from what actually matters.

The leaders who are moving most intentionally right now are not the ones with the least on their plates. They are the ones who have learned to pause inside the fullness of it all. To stand still in the wind. To create a moment of quiet before they walk into the next thing.

With this practice, it changes everything.

What I am seeing in the leaders who are doing their work to be intentional through the busyness is something beautiful.

- They are starting to know more clearly where to focus their attention. Where to say yes. Where to say no.
- They are asking better questions and actually listening to the answers.
- They are standing in their values even when the perception around them shifts and things get hard.

They are not going through the motions anymore.

And here is the thing about presence that I do not want to skip past...

It is not just a leadership practice. It is a life practice.

May is full of things worth being present for. Longer evenings. The sound of birds you have not heard all winter. The particular light of a Spring evening that will not look exactly like this again. Children coming home. Relationships deepening. The quiet satisfaction of work that actually means something.

There is so much that is already full and good.

The invitation this month is not to add more or hold on until it is over... It is to actually be in what is already here. To trust it. To let it be enough.



Grounded Ways to Practice Presence

Mornings... Before the world asks anything of you!

A morning practice does not have to be long or complicated. It just has to be yours. For me it looks like a gratitude journal, a chapter of a book I am reading, and a few minutes with my Joy journey...

What is one thing you can protect in your morning that belongs only to you?

Create space between...

Try fifty minute meetings instead of sixty. Use that ten minutes to close your notes, take a breath,

Actually arrive at what is coming next.
Not a to-do. An intention.
How do I want to show up?
What matters most in this next conversation?

That small pause changes the quality of everything that follows.





Breathe before you walk in.

Before a hard conversation or an important meeting, pause.

Try box breathing... inhale for 4 counts, hold for 4, exhale for 4, hold for 4.

Or simply place a hand on your heart and one on your stomach and exhale slowly and completely, releasing all the stale air before you say a word.

You will walk in differently. And the people in the room will feel it.

What I'm Offering This Month

Practicing Presence: Leading Intentionally when Life Won't Slow Down!

If any of this resonated... if you recognize yourself in the "I'll get to it when things calm down" or the feeling that you are leading on autopilot through a full season... this is for you.

I am offering a one time group workshop this June called Practicing Presence. It is designed to give you a real practice and a real mindset shift around what intentional leadership actually looks like when life is loud and full. Not theory. Not another thing to add to your list. A practice you can use the very next day.

If you are interested in joining us, send me a message and let's connect.

→ I'm interested... [Let's Connect](#)

Coaching | Consulting | Leadership Training

If you are a leader, team or someone in a transitional phase of your life that feels you are working hard to keep it together, let's connect and chat!

→ **Let's connect** [Click Here](#)



Thank you for being here.

Whether you've been following along for a while or this message found its way to you through a friend - I'm grateful you're here.

If this resonated with you and you'd like to receive future insights, tools, and leadership offerings directly → [Click Here](#)

Let's keep growing together!

With Gratitude & Luv,
Kristen



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