



The Ripple Effect: Learning You

5 PILLARS OF A WHOLE LEADER

A REFLECTION GUIDE
FOR EDUCATORS,
LEADERS, AND
CHANGEMAKERS

BY
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Thank You!

Thank you for attending today's keynote! This is my gift to you to help you as you go and make change happen!

Let's start with a question. When's the last time you learned something new about you? Not about curriculum. Not about leadership theory. You.

A moment I'll never forget. I remember sitting in my car in the Domino's corporate parking lot, eyes burning, trying to hold it together before walking in. My dad had just called. The kind of call that rips open old wounds. I'd been in survival mode for years, performing my way through pain. I was "the strong one," "the reliable one," "the leader." But that day, the mask cracked, especially when my boss threatened to take my security and identity away at the time.

That was the day I realized I had been learning everything except how to care for my own soul. If I didn't learn me, I'd lose me, and my job truth be told.

Try this today. Before you respond to your next email, pause.

- Take three deep breaths.
- Ask yourself, "Which pillar feels neglected right now?"
- Then do one small thing to honor it.
- Drink water.
- Step outside.
- Text a friend who tells you the truth.
- Pray.
- Breathe.

That's where learning begins again. The most trauma-informed thing you can do is stop making burnout your badge of honor. Your wholeness is the real curriculum.

When you heal, your leadership ripples farther than you can imagine.

My Learnings



Here's what I've learned since. Learning you is the foundation of every kind of leadership that lasts. And that kind of learning happens through five pillars:

1. **Emotional** - Your feelings are not facts, but they are signals. . Instead of stuffing or shaming them, pause and ask, "What is this emotion trying to teach me?"
2. **Spiritual** - In a noisy world, what do you believe and are you feeding that belief daily? Peace doesn't just visit you; it's cultivated through discipline and devotion.
3. **Financial** - Stewardship isn't about how much you have; it's about how you handle what you have. Ask yourself, "Do I spend to soothe or to sustain?"
4. **Physical** - You can't lead from an exhausted body. Rest is not lazy. It's resistance. The body you keep putting last is the same one your purpose runs on.
5. **Relational**- Who helps you see yourself clearly? If every relationship requires you to shrink to keep the peace, it's not peace; it's performance.

Your Wellness & Trauma-Informed Champion!

Tiffany Mensah

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