

THE IMPACT INSIDER

Newsletter

JULY
2025

Issue No. 04



Welcome to the July Edition of Impact Insider!

Summer has a funny way of revealing the truth. As the world slows down just a bit—longer days, quieter inboxes—it offers us something rare: space to think, breathe, and take honest inventory of what’s working... and what isn’t.

This month’s Impact Insider is for the brave pivoters, the quiet reflectors, and the bold decision-makers who are willing to course-correct midstream. Whether you’re feeling stretched too thin, ready for something new, or simply craving more alignment between what you do and who you are—this edition meets you there.



You don’t need a perfect plan. Just a willingness to listen to yourself and take the next right step. Let’s explore what that could look like—together.

Let’s GO!

The Midyear Pivot *When Progress Means Changing Direction*

July had a way of sneaking up on us, didn't it?

One minute we were clinking glasses at New Year's, dreaming big and setting bold intentions—and the next, we were halfway through the calendar, wondering how the months moved so fast. And if you're like me, the realization didn't come with fireworks. It came quietly. Subtly. Almost like a whisper that said: It's okay to pause.

I'll admit it—I'm releasing this month's newsletter a little late. But maybe that's the point.

Because sometimes, life invites us to slow down just long enough to check in.

Not with the outside world—but with ourselves.

And if you've found yourself doing just that—reassessing, rethinking, or even renegotiating your pace, your priorities, or your plans—you're not behind.

You're right on time.

July might have passed, but the invitation still stands:

This is your moment to pivot.

To stop and ask: Is the path I'm on still aligned with the person I'm becoming? To admit, with grace: Some of the things I thought I wanted back in January no longer fit.

And to remember: Changing direction isn't weakness—it's wisdom.

This edition of the Impact Insider is all about that shift—about embracing the midyear moment not as a crisis point, but as a courageous reset.

Because the best leaders—of businesses, families, teams, and selves—know when it's time to keep climbing... and when it's time to reroute.

For me, the signal came quietly—but unmistakably.

After years of consistently delivering leadership, emotional intelligence, and team development trainings for federal agencies, something changed. The calls slowed. Budgets were still there, but

the fear of how to spend them?
That fear was louder.

Following the President's executive order on DEI and a sweeping wave of federal downsizing—particularly with DOJ—there was a visible chilling effect. Suddenly, the work I'd been doing for years, work that helped teams communicate, connect, and thrive, felt... paused. Not because it wasn't needed. But because leaders didn't know what was "safe" anymore.

It would've been easy to internalize that as a personal failure.

But instead, I did what emotionally intelligent leadership requires of all of us:

I got curious.

I asked, What now?

And then I pivoted.

That moment of slowdown became an opening. A space to listen inward and realign. I stopped waiting for normal to return—and started building something new.

I launched on-demand trainings—

tools that teams and leaders could access anytime, without red tape, without fear, without delay. Bite-sized learning. Real-world strategies. Built for the now.

And just like that, I found a new rhythm. Not a replacement. A recalibration.

The truth is, we often assume pivots have to be dramatic. But most of the time, they're subtle, even quiet—an adjustment in direction based on where we actually are, not where we thought we'd be.

July reminded me that growth isn't always about acceleration.

Sometimes, it's about adaptation.

Sometimes, it's not about doing more—but about doing it differently.

And if you're feeling that tug—that quiet call to shift, reframe, or reset—this might be your moment too.



THREE MID-YEAR PIVOT PRACTICES

Because course-correcting isn't a failure—it's how we finish strong.

1. Check Your Compass, Not Your Calendar

Just because we're halfway through the year doesn't mean your goals have expired. Ask yourself: Do my current goals still align with what matters most to me now? Give yourself permission to let go of what no longer fits.

2. Watch for Emotional Resistance

Feeling guilt, fear, or doubt around making a change? That's not a stop sign—it's a signal. Emotional friction often shows up right before a breakthrough. Instead of shutting it down, get curious: What's this feeling trying to protect me from? Then move forward anyway—with clarity, not chaos.

3. Make the Shift Smaller

Not every pivot has to be a reinvention. Sometimes it's simply refining your offer, your message, or your mindset. Small shifts create big

momentum—especially when they're rooted in self-awareness and purpose.



Mid-year is not a verdict. It's a mirror. And what you do next gets to be different.

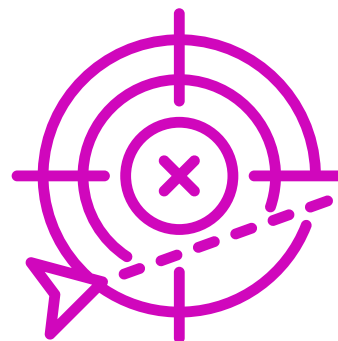
READY FOR YOUR PIVOT MOMENT?

Before you rush into the second half of the year, pause.

What needs your attention more than your effort right now?

Where are you pushing out of habit—when you could be pivoting with intention?

Sometimes, we're not burned out—we're just misaligned.



Explore What's Next

If you're feeling the nudge to evolve how you show up, lead, and connect, here are two easy ways to get started:

Test drive transformation with the Lead Like a Woman mini-course—just \$9.99 → <https://djc.thinkific.com/collections>

Watch any of my 9 free on-demand Women's Leadership Trainings on YouTube

→ youtube.com/@drjolenechurch
(Training #10 drops August 1!)

This is your mid-year moment. You don't have to scrap the map. Just take the next step in the right direction.

The Power of the Pause

Sometimes we think the bravest thing we can do is keep going—keep pushing, keep performing, keep producing.

But what if the real courage is in the pause?

In the noticing.

In asking the uncomfortable questions

that don't have immediate answers:

Is this still working for me?

Is this the kind of impact I want to have?

Am I showing up in a way that honors who I'm becoming—not just who I've been?

You don't need to burn it all down to make a meaningful shift. You just need to listen to the signals.

The gentle ones. The persistent ones. The ones that whisper instead of shout.

This month, I invite you to trust that a small pivot—done with intention—can reroute everything.

And if you need a companion on that journey, I'm here.

Here's to shifting with soul.

—Jolene



**JUST
RELEASED!**

Show Up Real. Build What Matters.

**STOP
OVERTHINKING
IT!**

Because Overthinking Is Killing
Your Vibe - And Your
Relationships

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That's why I created the **Women's Leadership Video Training Series**—a free, no-fluff collection of power-packed video trainings designed to help women (and allies) lead with authenticity, clarity, and confidence. These sessions are short, insightful, and accessible—perfect for busy professionals, emerging leaders, and seasoned change-makers alike.

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Because when women lead boldly, workplaces change. And when allies step in, entire cultures shift.

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