



June 20, 2024

Today is my amazing dad's 87th birthday.

And in honor of this incredible dude, I'd like to offer you this special edition of my newsletter, with 5 lessons I've learned from him that have kept me grounded and energized throughout my life.

And I believe they also apply to all you leaders out there, too.

- 1 Humor can be found in just about anything 🤡: The less seriously we take ourselves, the more we can connect with others and find joy in any situation.
- 2 Enjoy sweets after dinner 🍪: Growing up, under no circumstances was I allowed to skip eating the peas on my plate. While I didn't enjoy them (still don't), I always knew that going through the icky stuff would lead to the yummy stuff. As managers, we can make sure the same principles apply to our teams.
- 3 Dance whenever the mood strikes 🕺: I've never seen my dad meet a dancefloor he didn't like, and I've learned that letting loose can inspire others to join in and express their best moves.
- 4 Sometimes, being serious is ok 🤔: My dad is known for his outgoing, affable nature. And yet, I've learned from him that there's always a time to take things seriously for the betterment of others - this is especially true when it comes to managing teams.

5 Baseball is the best game in the world 🏆: He gave me my love for baseball, and here's how this sport relates to leadership: Picture yourself as the shortstop, in the thick of the action, coordinating plays, and rallying the team to cover all the bases, ensuring everyone performs at their best.

What's a life lesson someone has inspired in you? Hit **REPLY** and let me know!

And happy birthday, Dad! 🎂



Camden Yards, May 7, 2017

Cheers, Tracy

🎙️ In case you missed it, I was recently a guest on Jennifer McAllister's podcast [JuSt Figure With It Out](#). In this episode, we discuss my journey from media research executive to executive coach, starting with my lifelong love for media and figuring out how to break into that world, to how an unexpected event brought me to my current career, including my learnings along the way, including:

☀️ The importance of setting boundaries to achieve balance

☀️ Self-care

☀️ Focusing on what we can control

☀️ How language and personal experience can play a role in how we interpret situations

☀️ How we find the confidence to take steps to achieve our dreams.

I'm excited for you to give this a listen - please let me know how this resonates with you!

I offer 1:1 coaching, group coaching, team facilitation, and public speaking, and tailor offerings to the specific needs of you/your workplace. [Contact me to learn more.](#)

Are you an emerging or established leader looking for support? Do you long to show up as your most confident self? Do you dream of the day when leadership feels effortless? If any of this describes you, [schedule a FREE 30 minute clarity call with me here](#) and make your struggles a thing of the past!