

Permission to Pause: Why Rest Matters in Leadership

A NASS Leadership Lens

Quote: “Rest is not idleness.”— John Lubbock

Narrative Reflection:

Leadership endurance depends on rest. After months of sustained decision-making, June provides space to step back and recover energy. Rest is not a reward for finishing the year—it is a responsibility that supports sound judgment and presence.

When we model healthy boundaries and intentional pauses, we normalize sustainability across our organizations. Rest sharpens clarity, strengthens empathy, and prepares leaders to reengage with purpose.

Pausing does not diminish commitment. It renews it.

Leadership Toolkit: Practicing Intentional Rest

- Protect time for recovery and reflection
- Reduce unnecessary urgency
- Model healthy boundaries for others

Reflection Prompt:

What form of rest will best support your leadership right now?

Prepared for NASS by

Dr. Jill Gildea, Superintendent/CEO

 jillgildea0@gmail.com
