



Glow & Grit: The Journey

Happy holidays!

Wherever you are in the world and whatever holidays you celebrate this time of year, I hope you enjoy the season with loved ones and take time to recharge and renew.

I'll be off-line for my own R & R from December 17 to January 3.

Say hello!



Join me on January 15!

Give yourself a gift: start 2020 right with an amazing group of folks in Bellevue, Washington on January 15 for the Living Well Lab. Led by two leadership coaches, me and [Sandy Smith](#), you'll have a whole day to focus on what your best life looks like and how to take action and make it happen.

We provide a brave, safe space for reflection, honest conversation, roll-up-your sleeves creativity, and tools to build your courageous plan. Full details and Eventbrite registration [here](#).



“The days are long; the years are short.”

This quote from author [Gretchen Rubin](#) means a lot to me. This fall, I realized that not only are we moving towards a new year, we're on the cusp of a whole new decade. What happened to the 20-teens?!

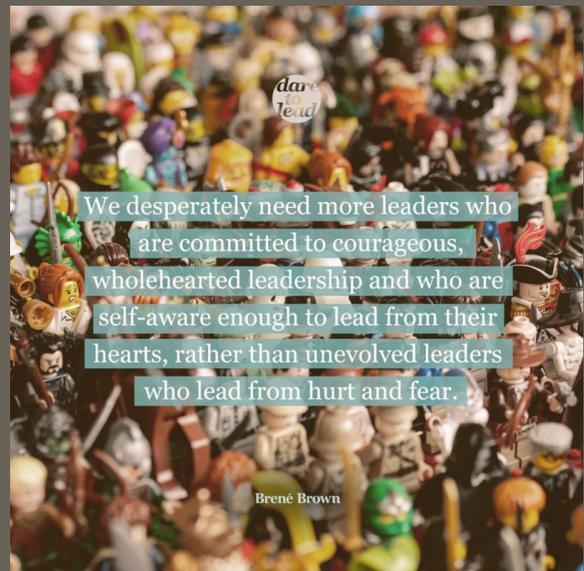
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Put Down the Armor

Brené Brown's 2018 book *Dare to Lead* continues to be a best-seller around the world. One of the big findings from her seven years of leadership research: it's not fear that gets in the way of being brave, it's armor.

[Read more...](#)



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PO Box 88236, Steilacoom

WA 98388 United States

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