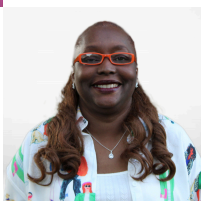
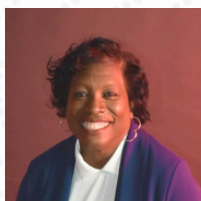




# ONE STEP FORWARD

One Step at a Time Consulting Newsletter



## LEADING OFF THE STARTING POINT

As we conclude the year and enter into a season of renewal, we're reminded of the power of fresh starts and intentional reflection. It's a moment to release what no longer serves us, reconnect with our purpose, and make space for new ideas and possibilities. May this season inspire clarity, compassion and hope as we move forward together.

Dr. Sylvia W. Burgess  
Terry Willie-Surratt

## LEADERSHIP RESOURCE OF THE MONTH



### 10-MINUTE RENEWAL PAUSE

1. ONE- WORD ENERGY CHECK IN
2. WIN FROM THE WEEK (SMALL OR LARGE)
3. ONE THING I CAN RELEASE
4. ONE INTENTION I CAN CARRY FORWARD

COMPLETE THIS QUICK ACTIVITY FOR  
YOURSELF OR FOR YOUR TEAM.

Tuesday

December 16

2025



A reflective season for Courageous, and Connected Leadership

## RESET, RESTORE, AND RENEW

## EVENTS

- 11/27 Happy Thanksgiving!
- 12/2 Maximizing Your Potential with Go Triangle (NC)
- 12/8 Changing Me! Changing You! Changing Us! with Coordinated Family Care (NJ)
- 12/10 Maximizing Your Potential with Pediatric Dermatology (NC)
- 12/16 Maximizing Your Potential with Go Triangle (NC)
- 12/6-1/5 OSAAT OFFICE CLOSED
- 12/24 Christmas Eve
- 12/25 Christmas Day
- 12/31 New Year's Eve

## CONNECT WITH US



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