

How we become Fluent



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Hey Steve,

We're in the middle of one of the greatest mind shifts of our time. Blame the pandemic, two years of deep isolation and work-from-home life altering our senses, or the very real (points at everything) realities of politics, climate, and crises banging at our doors...the language of rest, soft life, and slowing down, are newly emerging mantras shaping how we relate to each other and what we now deem to be our relationship to our work.

Hustle culture, the culture I ate for breakfast in my early 20s sprinting around New York City with big dreams and a growing student loan interest payment, is taking a back seat as we surrender, as a nation, to burnout and economic climates that feel nearly impossible to succeed in.

At the top of 2022, I had to accept that I had little to give. I hit peak burnout, tired from a 24/7 work schedule, saying yes to every opportunity to stay "relevant", and running a media company I no longer felt connected to as I became more operator versus creator. I'd taken major hits personally as well. In 2020, while ending a long-term relationship just as the world shut down, facing a pandemic alone in my condo in Atlanta, and losing my father that summer, my relationship with the world drastically changed.

I became less hungry for status or to be on big stages. I just wanted connection. And I believe that many of us, affected by the highs and lows of pandemic life, are seeking the same thing as we reevaluate exactly how that connection happens both intentionally and organically.

Welcome to Fluency

Each week, I share my study and exploration of how we build, grow, maintain, and think thoughtfully about meaningful relationships and social-building tools across every dimension of our lives.

I've been on the receiving end of positive relationships that have opened many doors for me in business and provided me with many experiences to expose areas of my personality, worldview, and beliefs that had been fundamentally underdeveloped.

I believe our relationships determine the quality of our lives. How we approach them, build them, invest in them, and even decide to disengage from them, helps us to better understand who we are as individuals and as leaders when we are intentional and build the necessary skills required to build dynamic interpersonal relationship skills.

A Different Approach to Business Content

This newsletter is not about hyper-productivity, taking cold showers, running 6 miles a day, drinking the new trendy energy beverage (though I do love a good scoop of AG1 a few days a week for nutrition), or any other fad the podcast bros are shipping these days.

Fluency is all about how we connect and develop community as part of how we human and lead.

Perhaps you're a first-time business owner, CEO, newly promoted director, or manager, or someone like me who can find people-ing a bit of a challenge. Whatever brings you here, I'm glad to have you as part of this community.

Holler At Me

Ideas, comments, feedback, or any specific topics or areas you'd like for me to cover? Just hit reply on that email. I'd love to hear from you.

Ways to Be In Community With Me This Week

Social Media. [Twitter](#), [Instagram](#), and [LinkedIn](#) are my usual hangout spots.

My Podcast. [You can also subscribe to my podcast](#), Road to Reinvention, where I interview CEOs and business leaders on all things pivoting and their relationship to themselves.

And don't forget to share this newsletter with your friends and colleagues.

Working Together

I've been working hard to develop frameworks for busy leaders who have seen burnout one too many times. For those looking for some help navigating the waters and setting up stronger systems to lighten your load, [book a one-on-one session](#) with me.

I'll catch you amazing people next week!



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