

SPRING 2026



NEWSLETTER

RESET. RECHARGE. RECLAIM YOUR LIFE.



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A Small Change

You may notice that this newsletter is now being published quarterly rather than monthly. This change reflects the growth and development of my professional work over the past year. Alongside my role within the NHS, I continue to support leadership development, wellbeing programmes, coaching, speaking engagements and community projects. As these opportunities have grown, I have become increasingly conscious of the importance of modelling one of the key messages I often share with others

Sustainable leadership requires intentional choices.

Rather than producing content simply to remain visible, I want to ensure that everything I share is thoughtful, meaningful and genuinely useful.

Moving to a quarterly newsletter allows me to spend more time delivering impactful work, supporting clients and communities, and reflecting on the themes emerging from practice, while still providing valuable insights and updates.



Quality over quantity feels like the right approach for this season!

WHAT KIND OF LEADER ARE YOU?

As we move into the second half of the year, I have found myself reflecting on a question that sits at the heart of much of my work:

What kind of leader are you?

Are you leading in a way that aligns with your values, purpose and strengths?

Or are you leading in the way you believe others expect you to?

For many professionals, particularly those working in caring, leadership and service-focused roles, the pressure to perform can often come at the expense of wellbeing, authenticity and personal fulfilment.



Over the last few months, a recurring theme within my coaching and leadership work has been the challenge of balancing responsibility, ambition, family life and wellbeing without losing yourself in the process. Perhaps that resonates with you too.

Recent Leadership Webinar Success

I was delighted to recently deliver a leadership and wellbeing webinar focused on confidence, resilience and leading with authenticity.

One of the greatest privileges of this work is witnessing professionals reconnect with their strengths and recognise that effective leadership does not require perfection.

Following the session, one participant shared:

"It's fantastic. So glad I attended." – Rachel E.

Feedback like this reminds me why this work matters.

The conversations that emerge from these sessions are often just as valuable as the content itself.

Many professionals are navigating similar challenges:

- Managing competing demands
- Building confidence
- Setting boundaries
- Overcoming self-doubt
- Leading through change
- Maintaining wellbeing whilst supporting others



A Question Worth Reflecting On

Take a moment and ask yourself:

Do you invest in your wellbeing with the same commitment that you invest in your work?

Many of us invest heavily in:

- Qualifications
- Professional development
- Training
- Career progression

Yet we often neglect the very thing that sustains all of those achievements: Our wellbeing.

Your wellbeing is not a luxury.

It is an asset. The quality of your leadership, decision-making, relationships and performance is directly influenced by how well you care for yourself.

Themes Emerging From Coaching Conversations

Across recent coaching sessions, several themes have appeared consistently:

Confidence grows through action

Many people wait until they feel confident before taking action. In reality, confidence is often built through action.

Small, consistent steps create evidence that we are capable. Boundaries create sustainability

Saying yes to everything can eventually lead to saying no to yourself. Healthy boundaries are not barriers; they are foundations for sustainable leadership. Wellbeing is a leadership skill!

The ability to regulate stress, manage energy and maintain perspective is not separate from leadership.

It is leadership.

- Progress matters more than perfection
- Perfection creates pressure.
- Progress creates momentum.

Looking Ahead: Mothers in Leadership



One theme that has emerged repeatedly this quarter is the unique experience of mothers navigating leadership, professional identity and the transition into parenthood.

Many women have spoken openly about:

- Loss of confidence
- Identity shifts
- Returning to work
- Balancing leadership and caregiving responsibilities
- Managing expectations at home and in the workplace

As a result, I will be launching a new webinar series from July exploring:

Mothers in Leadership: Navigating Identity, Wellbeing and Growth

This series will include special guest speakers and honest conversations about the realities of leadership and motherhood.

More details will be announced soon.

Watch this space.

Upcoming Events

**To view upcoming webinars, workshops and events, please visit:
onikamiller.com/events**

Whether you are leading a team, raising a family, building a career or simply navigating a season of change, remember:

You do not have to become someone else to succeed.
Sometimes the greatest transformation comes from returning to who you already are.

**Warm wishes,
Onika**