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The “Pause” Principle: A Strategy for Decision-Making

In leadership, the speed of our response often feels like a measure of our competence — especially when tensions are high or someone wants an immediate answer. However, some of the best decisions come after taking a brief pause.

When faced with a complex or emotionally charged situation, taking 24 hours before responding allows for reflection, consultation, and perspective. That pause can mean the difference between a reaction and a reasoned decision. It creates space to check alignment with policy, values, and intent — ensuring that your choice stands up under future scrutiny.

The pause isn’t avoidance; it’s professionalism. In moments of pressure, try saying, *“I’d like to think this through before deciding.”* It models calm, thoughtful leadership — and almost always leads to better outcomes.

Often, it can also allow time to ensure that various viewpoints and perspectives are considered - and ultimately can help avoid further complications and unintended negative consequences.

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