

A MOMENT TO REFLECT

TAB York on why pausing can be the smartest move a leader makes

Coming out of the Easter break and into a new financial year creates a subtle but valuable pause. It's not a dramatic reset, just a moment when things slow down enough to think more clearly, regain perspective, and take stock of what really matters.

For many business owners, that space is rare. Day-to-day demands dominate, leaving little time to step back and consider what's truly working. But when the opportunity does appear, even briefly, it's worth using well.

In our work with leaders, these moments are rarely about deciding what to start. More often, they're about questioning what to stop:

- What's taking time but not adding value?
- What feels harder than it should?
- What has become habit rather than a conscious choice?
- What are you holding onto simply because it's 'always been done that way'?

There's a natural pull at this time of year toward growth; new ideas, new initiatives, bigger targets. But without focus, more activity often just creates complexity, noise, and confusion.

That's why many of the leaders we work with through TAB choose not to do this thinking alone. Having a structured space to step back, sense-check ideas, and be constructively challenged often brings a new level of clarity and accountability.

The most effective leaders understand that progress often comes from subtraction, not addition. Simplifying what has become overcomplicated. Creating space to focus on what truly moves the business forward. Being deliberate about where time, attention, and energy go each day.

These aren't dramatic changes – but over time, they often make the biggest difference.

As the year begins to take shape, ask yourself one simple question:

What is the one thing your business should pause and reflect on?

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Why sponsor an award?

Being a sponsor offers you a great opportunity to show your support for the sector, to put your brand in front of local businesses and residents.

As well as sponsoring an award you will appear in two supplements to highlight the event, receive free tickets to attend and an opportunity to host a table and bring clients/guests.

If you would like to be involved or would like more information, please contact Lucy Stoakes on **07967 670063** or email. **lucy.stoakes@localiq.co.uk**

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