

Manager's Guide to Self-Care

Thursday, June 11, 2026, 1:00 pm EDT

Rah Kalon

Session Summary:

The meeting, titled "Manager's Guide to Self-Care," led by speaker Rah Kalon, focused on the importance of self-care as a foundational element for effective leadership and personal well-being. The session began by challenging the popular, often superficial, understanding of self-care, emphasizing that true self-care is about cultivating a deep, intentional relationship with oneself. This relationship influences how we set boundaries, interact with others, and show up as leaders in our professional and personal lives.

The speaker highlighted that many leaders and caregivers tend to prioritize others, often at the expense of their own needs. While servant leadership is valuable, it is equally important to practice self-awareness, self-trust, and self-devotion. These practices enable individuals to advocate for themselves, which in turn enhances their ability to support and lead others. Self-care was reframed as a practice that goes beyond occasional indulgences like massages or spa treatments; it is about consistently showing up for oneself, building resilience intentionally, and maintaining energy and presence.

The discussion explored the multifaceted benefits of self-care, including its positive impact on mental, emotional, physical, and psychological health. The speaker noted that many people only pay attention to their bodies or emotions when something is wrong, missing opportunities for proactive care. Psychological safety was also discussed, with an emphasis on the importance of feeling safe to express oneself, ask questions, and challenge ideas respectfully in the workplace.

Participants were encouraged to reflect on obstacles that prevent them from practicing self-care, such as stress, perfectionism, the need to care for others, and uncertainty in both personal and professional spheres. The conversation acknowledged that stress often arises when there are more demands than resources, and that expanding personal capacity and being honest about one's limits are key to managing stress effectively. The importance of interdependence—supporting each other in community while maintaining personal accountability—was also emphasized as a way to prevent burnout and foster resilience.

The session provided practical strategies for self-care, including setting boundaries around time and energy, prioritizing oneself without guilt, and building sustainable habits

incrementally. The speaker referenced the concept of habit formation, suggesting that small, consistent steps are more effective than setting unrealistic goals. The importance of being present, mindful, and compassionate with oneself was highlighted as essential for personal growth and leadership.

Specific self-care practices were discussed, such as establishing healthy sleep routines, incorporating regular movement and exercise, and developing a positive relationship with food. The speaker encouraged participants to experiment with different approaches to self-care, recognizing that it is a highly individual process. Psychological self-care was also addressed, with a recommendation to view emotions as data—categorizing them as pleasant or unpleasant rather than positive or negative—and to seek support when needed.

The meeting concluded with a reminder that self-care is a lifelong journey and a critical component of effective leadership. By building a trusting relationship with oneself, individuals can better support others, navigate change, and lead with authenticity and resilience. Participants were encouraged to continue exploring self-care practices, to be curious about their own needs, and to support each other in building a culture of well-being. The session ended with gratitude for the speaker and an invitation to provide feedback and stay engaged with future wellness initiatives.