

THE THREE ENERGY LEAKS

Where leadership sustainability quietly erodes



Over-Control

Carrying what isn't yours.

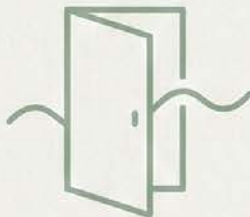
When leaders absorb responsibility instead of distributing ownership, energy drains silently.



Over-Identity

Merging worth with role.

When leaders confuse who they are with what they do, exhaustion becomes personal.



Over-Availability

Never allowing recovery.

When leaders remain constantly accessible, renewal disappears and clarity erodes.

Leadership energy does not disappear — it leaks.

