



READY, RESET, GROW!

A moment to pause, reset, and rethink
what sustainable leadership looks like.

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**The past 2 years felt like a decade,
and somehow, we're still standing.**

2024



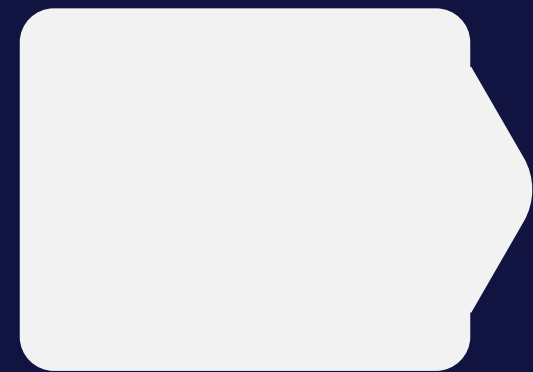
2026





Before We Move On

Think of one achievement from the past few weeks
that you did not really celebrate?



Take a moment to
write it down.



Share what you wrote
with someone at your
table. Listen to their story.



I'll invite a few of you to
share with the group.

I'm proud that I

It matters to me because



Time to Reset

We've done the work.
We've earned the wins.
Now let's make room for what's next.



The Cost of GO – GO – GO!

- **We hit the milestones.**
- **We checked every box.**
- **Yet something still feels off.**
- **The efforts do not seem to match the reward.**

=> That's the moment we need to reset.

A Reset Is Not the Same as a Break.



A break helps you recover.

A reset helps you realign.

A break gives you rest.

A reset gives you clarity and direction.

A break helps you catch your breath.

A reset helps you ask,

'Am I even running in the right direction?'





What a Reset Really Means

It's pausing long enough to ask:

Does this still make sense for where I'm going?

So, you can let go of what no longer fits,

And start recalculating your route.

Why resets matter for us as finance leaders?

*Because we built our careers
in environments that were not always
designed with our well-being in mind.*

The Things That Force a Reset

Burnout

Grief

**Hard or unfair
feedback**

An unexpected layoff

A missed promotion

A health scare

Maternity Leave

A leadership change

**Abuse or toxic
environments**

Take a Moment to Reset

Think about something you have been carrying
that may no longer be serving you.

*Take a moment to write it down.
No need to share.*

I need to let go of

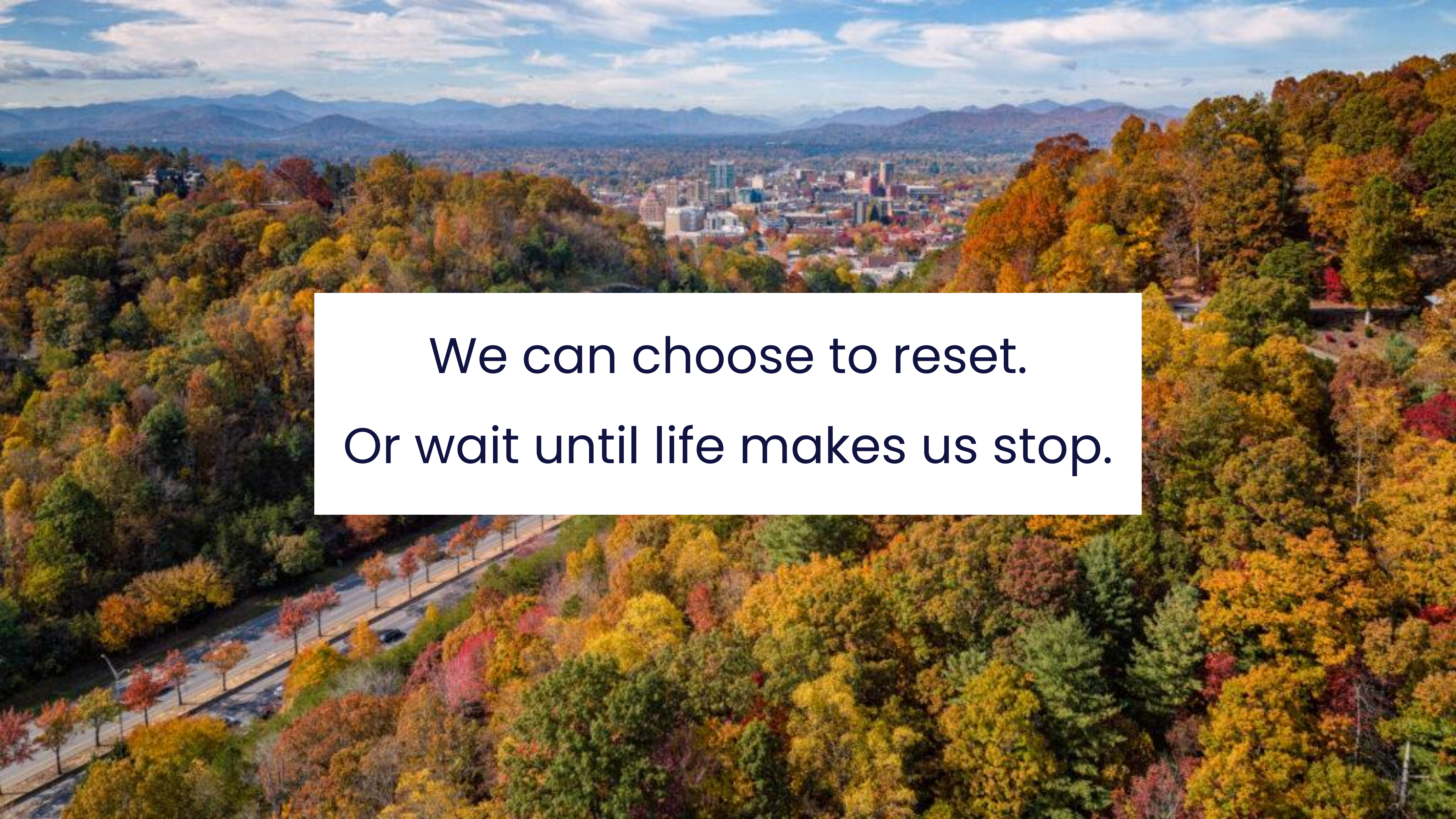
I need to make more room for:

The Reset I Chose

Three nights alone in a hotel room gave me space to ask what needed to change.



Me on day 1 of my mini retreat

An aerial photograph of a city, likely Nashville, Tennessee, viewed from a high vantage point. The foreground is dominated by a dense forest of trees with vibrant autumn foliage in shades of yellow, orange, and red. A multi-lane highway with a median runs diagonally through the lower-left portion of the frame. In the middle ground, the city skyline is visible, featuring several tall buildings and a mix of urban development. The background consists of rolling blue mountains under a bright blue sky with scattered white clouds.

We can choose to reset.
Or wait until life makes us stop.

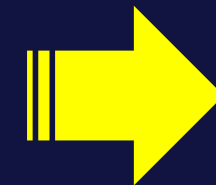
Businesses Need Resets Too

We keep doing things because they once made sense, even when they no longer support where we are trying to go.

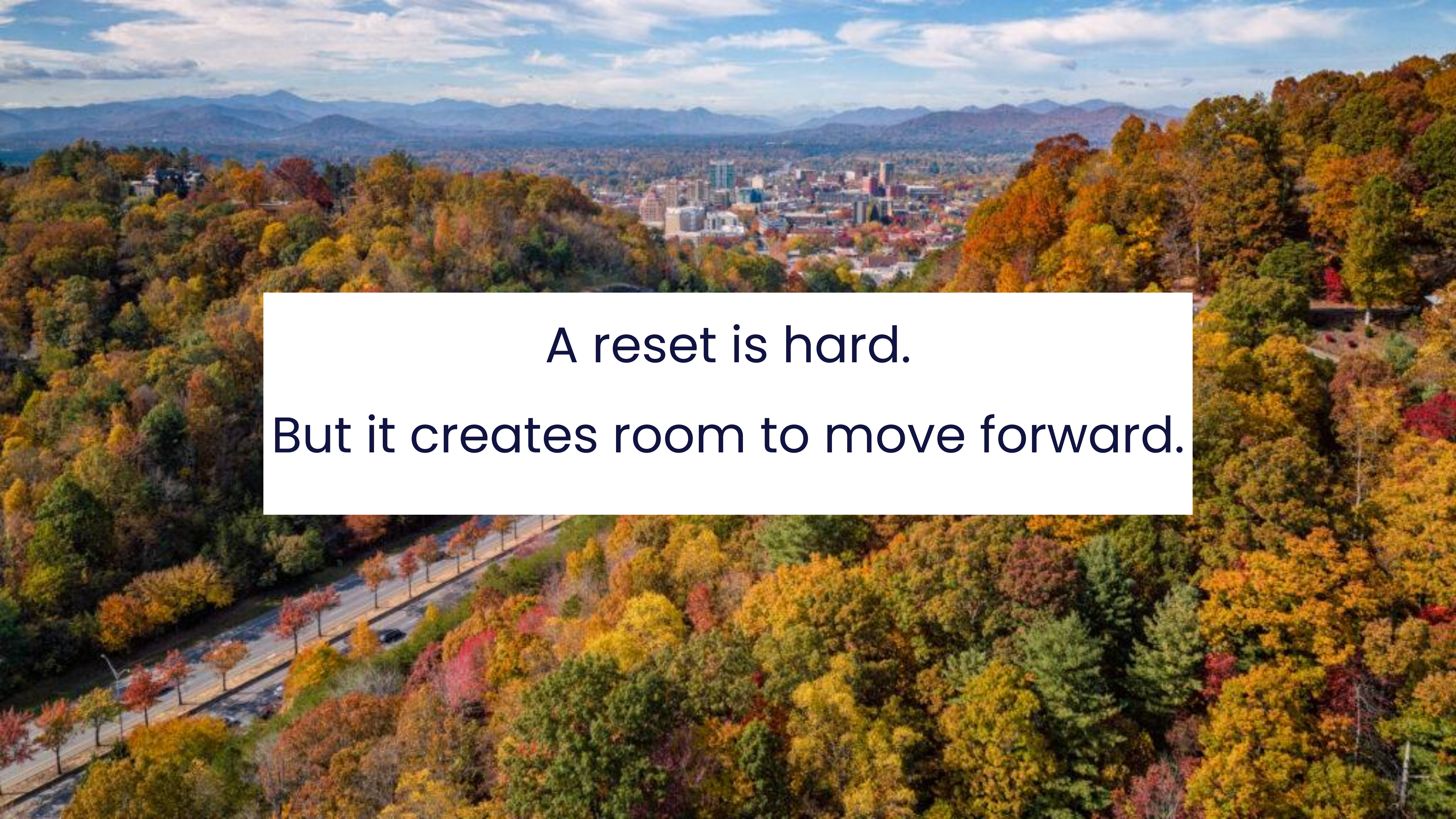


A Business Reset Needs Buy-In

People are more
open to change
when they can see
the tradeoff clearly.



Debits	Credits
What we gain	What we give
What becomes easier	What it demands
The immediate benefits	The immediate costs
The long-term benefits	The long-term obligations

An aerial photograph of a city, likely Nashville, Tennessee, viewed from a high vantage point. The foreground is dominated by a dense forest of trees with vibrant autumn foliage in shades of yellow, orange, and red. A multi-lane highway with a median runs diagonally through the lower-left portion of the frame. In the middle ground, the city skyline is visible, featuring several tall buildings and a mix of urban development. The background consists of rolling blue mountains under a bright blue sky with scattered white clouds.

A reset is hard.
But it creates room to move forward.

Growth Requires Reflection, Capacity, and Alignment

We grow when we pause to learn, make room to act, and align our choices with what matters.



REFLECTION

Pause to recognize progress you might otherwise rush past.

CAPACITY

Create the time, energy, and space to decide what comes next.

ALIGNMENT

Connect what matters to the choices you make every day.

An aerial photograph of a city, likely Asheville, North Carolina, viewed from a high vantage point. The foreground and middle ground are filled with dense forests displaying vibrant autumn foliage in shades of yellow, orange, and red. In the distance, a city skyline with various buildings is visible, nestled between the forested hills. Beyond the city, a range of blue mountains stretches across the horizon under a sky with scattered white clouds. A white rectangular box is superimposed over the center of the image, containing the text.

Growth is not found in doing more.
It is found in moving forward with
intention.

Continue the Conversation



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THE RESET GUIDE

*Questions to Ask When
Something Has to Change in
Your Life, Work, or Business*

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