



3 Ways to Build Your Leadership Ecosystem

For Maximum Impact and Capacity

Exhaustion and burnout isn't proof you're a good leader; it's a warning sign. Over-functioning is the fastest way to drain your energy, weaken your decision-making, and shorten your leadership lifespan.

The solution? A **strong leadership ecosystem** — the network of people, systems, and strategies that supports your vision and protects your capacity.

Guided by my **proprietary SCALE™ Framework** (Strengths, Confidence & Cognitive Reframing, Aligned Values & Boundary Negotiation, Leadership Longevity, and Ecosystem Building), here are three power moves to start building yours today.





UNAPOLOGETICALLY
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YOUR FIRST THREE POWER MOVES

1. Identify Your Non-Negotiable Strengths

Know what only you can do in your role, and protect it. The more time you spend outside your zone of strength, the faster you burn out.

2. Build a Core Support Squad

Surround yourself with 3–5 trusted allies who can execute, advise, and amplify your work. The right people multiply your impact; the wrong ones drain it.

3. Advocate for the Support You Deserve

Your capacity isn't a luxury. It's the foundation of your leadership. Speak up for the resources, staffing, and systems that free you to focus on what matters most.

YOUR NEXT MOVE

These three strategies are just the starting point. Inside the Catalyst Power Retainer™, I walk you step-by-step through building a full leadership ecosystem; one that protects your time, multiplies your influence, and positions you to lead with unstoppable power.

**IF YOU'RE READY TO BREAK FREE FROM OVER-FUNCTIONING AND
LEAD AT FULL CAPACITY,**

[CLICK HERE TO LEARN MORE](#)

AND APPLY FOR THE CATALYST POWER RETAINER™.



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ABOUT THE CREATOR

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Former Mayor | Village Manager | City Councilor | School Board Member Strategic Leadership
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Chasity Wells-Armstrong is the Founder of Catalyst Coaching & Transformation and creator of the proprietary SCALE™ Framework, designed to help women in elected and appointed local government leadership break free from over-functioning, protect their capacity, and lead with strategic, sustainable impact. As a former Mayor, Village Manager, City Council Member, School Board Member, and Senior Congressional Staffer, Chasity brings unparalleled insight into the realities of public leadership—and the strategies that create lasting change.

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