



Ascend with Claire Oliveros – Real Stories. Bold Leadership.

Episode 4: Sustain Leadership

The Art of Leading with Resilience and Restoration

Keywords:

Sustainable leadership, resilience, women of color, burnout, personal growth, community impact, public relations, spirituality, hope, community, empowerment

Summary:

In this conversation, Dr. Claire Oliveros and Paloma Concordia, Founder and CEO of Papalodown Agency, explore the complexities of leadership, particularly for women of color. They discuss the importance of sustaining personal well-being while navigating the demands of leadership and family life. Paloma shares her grounding practices, including spirituality, care, and emphasizes the need for hope and inspiration in challenging times. The discussion also touches on defining sustainability in leadership and the non-negotiables that help maintain balance and growth.

Takeaways:

- Sustainable leadership requires a focus on resilience and restoration.
- Balancing personal and professional life is crucial for leaders.
- Listening to oneself is key to sustainability in leadership.
- Community impact and working with inspiring clients sustain hope.
- Burnout is a systemic issue that needs addressing.
- Self-care practices, like energy healing, can ground leaders.
- Cleaning can be a therapeutic and sustaining practice.
- Setting boundaries is essential for maintaining energy.
- Regular retreats can help reset personal and business goals.

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- Rest is a fundamental right, not a reward.

Titles:

- Sustaining Leadership: The Art of Resilience
- Balancing Life and Leadership: A Personal Journey

Sound Bites:

- "Cleaning is therapeutic."
- "What would it look like to restore balance?"
- "Rest is not a reward, but a right."

Chapters

00:00 Introduction to Sustainable Leadership

03:39 Defining Sustain in Leadership

08:59 Balancing Business and Family

13:48 Grounding Practices for Resilience

17:29 Sustaining Hope and Creativity

20:22 Closing Reflections and Resources

Takeaways:

- Sustaining leadership requires self-awareness and personal well-being.
- Balancing work and family is essential for long-term success.
- Grounding practices can enhance leadership effectiveness.
- Hope and inspiration are crucial in challenging times.
- Defining sustainability involves listening to one's needs.
- Non-negotiables help maintain focus and direction in life.
- Community support is vital for women of color leaders.

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- Spirituality can play a role in personal and professional growth.
- Letting go of societal expectations can lead to liberation.
- Regular retreats can help reset goals and priorities.

Titles:

- Sustaining Leadership: A Journey of Self-Care
- Balancing Act: Leadership and Family Life

Sound Bites:

- "It's almost as if I going to have to..."
- "I don't need to be as involved."
- "Cleaning actually helps sustain me."

Chapters:

00:00 Opening

01:18 Welcome Introduction

06:24 Grounding Practices and Rituals

09:30 Navigating Burnout and Sustaining Hope

12:09 Defining Sustainability for Future Generations

Connect with Guest and Resources:

Paloma B. Concordia, [PapaLoDown Agency](#)

Jen V. Benitez, [Spirit Weavers](#)

**Credits:**

- Host: Claire Oliveros, PhD
- Producer: Claire Oliveros, PhD
- Music: These Times (Riverside.fm)
- Recorded: Sacramento, CA

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executives find this community.

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Next Episode:

Episode 5: Excavate – Uncovering Truth and Wisdom

Release Date: Sunday, November 3, 2025

Ingat ka. Take care of yourself and each other.