



This is the resignation female leaders have been waiting for

And it's not about quitting your job — it's about reclaiming your energy, your clarity, your self.

The Resignation We Needed

We were strong on the outside. But inside, we were stretched. We worked in demanding roles. We delivered results. We held it all together. Until the pressure became too much — and we broke, quietly.

Burnout doesn't always make a scene. Sometimes, it hides behind high performance. Sometimes, it's wearing lipstick, ticking off lists, and holding everyone else.

So we did something bold.

We resigned. Not from our careers — but from:

- Over functioning
- Constantly proving ourselves
- Saying yes to everything, and no to ourselves
- Wearing capability like armour
- Performing strength while running on empty

We resigned from being admired but unseen.

In our recovery, we turned to evidence — not quick fixes.

We studied burnout, chronic stress, and the science of sustainable energy.

We explored heart rate variability, recovery metrics, and what truly helps leaders restore clarity and calm.

What we found was this: **female leaders carry hidden challenges that aren't being acknowledged — or supported.**

We created **Elite Pulse Leadership** for women like us — Smart. Capable. Carrying too much.

It combines:

- Clinical-grade heart rate variability
- Gold-standard psychometric insight
- And the one thing we rarely get as leaders: space to feel human again

Because leadership shouldn't cost you your health.

Because what matters isn't just the pulse you show the world — but the one you feel inside.

This is your invitation.

Write your own resignation.

Share this message. Use your voice.

Let's lead differently — with vitality, energy, and space to breathe.

Julie & Jackie

Co-Founders, Business Health Institute