

## Leader's Self-Care Tools

What is the hardest work of leadership – coming up a dynamic vision, motivating people to give themselves fully to bringing a vision into reality, responding well to conflict within the team or barriers to accomplishing the vision? If recent history is any indication, likely the hardest and most challenging part of leadership is caring for ourselves as leaders and protecting and growing our own souls.

In the daily grind of life and the demanding work of leadership, it is easy to get stuck on the never-ending treadmill tasks to accomplish, decisions to make and people to develop and guide. If we spend all our time and energy on these things, we will find that our health and relationships are increasingly neglected and our personal spiritual growth is seriously stunted. We must learn to take care of ourselves as leaders – body, mind, emotions, soul and spirit.

Take a look at the following tools on caring for yourself as a leader, and choose at least one to go through with 2-3 other leaders. Even if these ideas are familiar to you, it is critical that we as leaders engage in regular reviews, assessments and evaluations of how effectively we are leading others and leading ourselves so that we do not miss out on what God is doing to transform people's lives. The more intimacy we develop with God, the more revelation we receive from Him of who we are, who we are becoming, and how we can stronger leaders on the inside, which will lead to greater leadership effectiveness on the outside.

### Level 1

Invite 2 others to watch Wayne Cordeiro's message "Dead Man Running" from the Leadership Summit 2006\* DVD series, and discuss the top 2-3 impressions that struck you from that message. Choose 1 action item that you will implement as a result of what you learned in order to build up your inner life more, and have the others do the same. Set a time 1 month from now to meet again and talk about how it is going with implementing that action item in your life.

### Level 2

#### Option 1

Ask 2-3 friends to commit to going through Discovering Soul Care\* by Mindy Caliguire together. There are 4 sections to the book. Read through 1 section each week on your own (spread out over 3-4 days, it takes 10 minutes each day). Then meet together each week to go through the Group Discussion at the end of the section. On the fourth week, evaluate what you learned and decide on your next step of growth together.

#### Option 2

Get 2-3 people to commit to reading Wayne Cordeiro's book Leading on Empty. Read chapters 1-3 and share your insights together. Then read chapters 6 and 8,

\* Most resources are available through the Appleaseed Resource Centre (library or bookstore).

and decide how you will incorporate some of the lessons you learned in order to protect yourself from burn-out. Share with your group and your spouse.

### **Level 3**

#### Option 1

Find 2-3 people to meet with you and listen to the 4 CD's from the "Leading From a Healthy Soul"\* conference hosted October 6-8, 2009 in various parts of Canada (including Centre Street Church). Listen to one CD each time, and bring paper/pen along so that you can participate as appropriate with the discussion and exercises. Write down the top 2 areas that you want to focus on in leading and caring for yourself in the next few months, and the action steps that you will take to follow through. Share these with each other, and plan to meet again in 1 month to share how it's going with implementing those action steps, and the current health of your soul.

#### Option 2

Find 2-3 people to read and discuss select chapters from Ruth Haley Barton's book Strengthening the Soul of Your Leadership. Suggested sections to read and discuss are the introduction and chapters 1, 2, 6, 7, 8, 11 and 12. Be sure to utilize the practice sections at the end of each chapter as well.

### **Going Deeper Resources\***

"Self-Care", pages 70-73 in Spiritual Disciplines Handbook by Adele Calhoun

Leading on Empty by Wayne Cordeiro

Strengthening the Soul of Your Leadership by Ruth Haley Barton

Integrity: The Courage to Meet the Demands of Reality by Henry Cloud

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