

Leadership:

Are you a leader in a church? Do you need intervention, supervision or an objective sounding board? I am a trained and qualified therapist in the theory of personality and script narrative (the story we build and believe about ourselves). Together we can work on your communication, transactions, emotional intelligence and relationships.

The eternal TA question is: WHAT IS IT THAT I DO THAT ENSURES THAT THE OTHER ALWAYS.....?

Leadership Questions, (every 7th week take a week off to align with yourself and God):

Am I Mentally Healthy? Is there something between me and God?

Are things going well between God and I? How is my quiet time with God?

Is there wounding to clean up = Clean it up, forgive others and yourself and burn those pieces of evidence. Examine your contribution to the situation and ask God what He desires to grow within you? Which upgrade are you receiving, ready for what it coming season?

Am I Emotional Healthy? Are my emotions undermining my leadership?

Do I excessively use: Food, Drinks, Porn, TV, Sports, Work, Flee in ... what am I avoiding?

What do I seek comfort in outside of God and why? Am I physically healthy?

Is my vision for the future clear? Are my priorities clear? What is your important work?

What do you say no to? Is my passion / motivation for my partner and what I do still high?

What about stress symptoms and pace? Can I keep it up like that?

Having trouble giving healthy answers to these questions? Lets book a session or two in.

I believe we are all leaders. We all influence one way or another. But I am becoming more and more convinced that you cannot be a leader of people unless you have done your own inner work! I think you should be the leader of your own life and relationships first; plus aware of your talents, gifts and strengths plus weaknesses and pitfalls. A leader needs to be educated, self-aware, plus command communicative and emotional intelligence. For me with all the knowledge we now have, leaders have the duty to first provide a healthy connection to their followers. That healthy and therefore healing part consists of a stable presence and unconditional attitude (+ / +), which offers space and acceptance to the other so that shame does not get hold. Personal leadership is essentially about knowing yourself and how you interact with your environment.

“Leadership is simply, so as Jesus: taking responsibility for seeing the good en potential in people and processes and having the courage to develop that potential, no matter the cost!” lesley says!

Leadership: Building a Shame Resistance Culture:

Shame is a basic emotion and is given to us by God so that we can restore relationships motivated out of feeling that shame. Something precious has been lost or is missing. If the communication and emotional skills that promote relationship recovery are lacking, shame can convince us that "I'm bad / messed up". That side of the shame "feeling" motivates us to hide something and to avoid people! That is precisely not the original intention.

In the Garden of Eden (Genesis 2), after the Fall, God came to look for Adam with the words "Where are you". Notably not "What have you done now?!" This shows us the basic attitude towards shame: where are you beloved? - I miss our connection! The action tendency under the emotion of shame, should be finding each other again and articulating what is going on inside to achieve recovery. As Michael Card's song says, what we all need is "to look into the eyes of our judge and see a savior there"!

Guilt, also a basic emotion, is about actions and not so much about losing contact. When we feel guilty, we experience "what I did was not right; this requires confession and forgiveness. A feeling of guilt motivates us to do things differently next time. In the event of a mistake, we can always apologise sincerely without blaming ourselves.

If we're not coming to terms with our shame or guilt, with the things we struggle with, then we're going to believe there's something wrong with us. That we are no good, not good enough. Shame is actually a fear of lack of connection, of a loss of the relationship. By simply verbalising your

shame, you are already victorious. Shame gains momentum when we keep our mouths shut. If we become sufficiently aware of our feelings of shame and dare to name them; shame has almost been brought to its knees. Shame hates to be given in words. As soon as we express our shame, it begins to shrivel. Otherwise, shame leads to fear, fear to risk avoidance, and limits our ability to come up with options and to relate. Shame, is therefore also fatal to innovation, creativity, connection and new ideas.

"Only when we have the courage to delve into our dark side will we discover the infinite power of our light side" Brené Brown "The Power of Vulnerability!"

Tips:

1. Get familiar with your personal indicators of and causes of shame: behavior, excuses, self criticism, defenses! What are you speaking over yourself?
2. Be critical. Examine yourself if you are increasingly concerned about what others might think.
3. Find out which doubts and self-criticism go through your mind
4. Reach out, share with an empathetic, non-judgmental type and express shame

<https://kingdomality.com/the-personal-preference-profile-test>

<https://www.lifethrive.com/> Stephen Covey: <https://huntsman.usu.edu/leadership/index>

The undefended Leader – Simon Walker <http://simonpwalker.com/welcome/4532659433>

<https://www.change-management-coach.com/stephen-covey.html>