

CONVERSATIONS THAT MATTER

Conversations that Matter are Online Gatherings of Bay Area Leaders of Faith + Nationally Recognized Thought Leaders Designed to Spark Dialogue Around the Big Questions that Impact Spiritual Life in the Bay Area.

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Emotionally Healthy Leadership

This resource is a companion to the Conversation that Matters on Emotionally Healthy Leadership to use during a time of reflection on the importance of developing the habits of an emotionally healthy leader.

Moderator:

Dr. Roger Valci, TBC Advisory Board member

Panelists:

[Pete Scazzero](#), Author, [The Emotionally Healthy Leader](#)

Cathy McIlvoy, Shepherd, [Standing Stone](#)

Kaloma Smith, Senior Pastor, [University AME Zion Church](#)

Anthony Mejia, Executive Director, [Wellspring](#)

Moderator, Dr. Roger Valci refers to a commonly accepted definition of leadership when he says, “Leadership is about grit, perseverance, and overcoming obstacles.”

What is your definition of leadership?

THE INNER JOURNEY

Pete Scazzero refers to his personal experience of an inner journey: learning to feel and wrestling with life’s challenges.

Have you taken such a journey? If so, what have you learned from the experience. If not, why not?

Reflect on this comment from Pete Scazzero:

“Emotional health and spiritual maturity can’t be separated. You can’t be spiritually mature while remaining emotionally immature.”

Pete encourages pastors and leaders to slow down through silence, solitude, and Sabbath.

Consider the impact of silence, solitude, and Sabbath on your own life and on your role as a leader.

DEEPLY GROUNDING THE FOUR INNER LIFE ISSUES

The inner life of the leader is the most important cultural factor for a ministry or an organization, for building teams and for building a culture.

Comparing your inner life to a Manhattan skyscraper, Pete says that without deep pilings to anchor a building, the skyscraper will crumble. These 4 core issues in the inner life have to be deeply grounded if a person is going to build up and wide.

1. **Facing your shadow** - To know yourself and know God face your shadow and let God meet you there. Create a [genogram](#) to explore how your history and your family of origin impact who you are. A genogram is a pictorial display of a person's family relationships and medical history. It goes beyond a traditional family tree by allowing the user to visualize hereditary patterns and psychological factors that punctuate relationships.

2. Lead out of your marriage or singleness - This informs everything about your outer life ministries including planning and decision-making.

3. Slow down to allow time for abiding in Jesus - Don't lead out of your gifts, knowledge, and experience. Lead out of a life of loving union with Christ.

4. Practice a rhythm of Sabbath delight - Your identity should not be wed to your role as a leader. Your identity is in God. Learn more about [Finding the rhythm of Sabbath rest](#).

Who I am is more important than what I do.

"Slowing down is a very hard switch for people to make. It's going to take time and energy to change, to grow, to mature in Jesus."

- Pete Scazzero

How to Slow Down

Make a list of what it will take for you to slow down.

"Sabbath cannot be a one-off. In order to get good at it and get in a rhythm of it, Sabbath has to be practiced as an on-going thing."

Cathy McIlvoy

Describe your Sabbath. Create a list of Sabbath practices to try.

- Be intentional.
- Plan ahead.
- Keep it simple.

Find a Separate, Sacred Space

Do you have a place that is not in the center of your ministry where you can focus on

who you are becoming, not what you are doing?

Reset

Kaloma encourages leaders to do the following. Make a commitment to:

- Do something that allows you to break the cycles.
- Reset and change your perspective.
- Find time to not just reset yourself but reset your ministries.

Consider Adopting Aome or All of These Take-aways the Panel Recommends:

1. Be before you do.

“Your doing in life flows out of an anchored being.” -Pete Scazzero

2. Get alone with God.

“Start by being brave and ask God to reveal your blind spots.” -Cathy McIlvoy

3. Look in the shadows.

“The shadows are not a place of fallenness. There’s a place of growth you’ll see God more clearly than you’ll ever see Him any other place in your life.” -Kaloma Smith

**SUCCESS IS BEING FAITHFUL TO BECOME THE PERSON
THAT GOD IS CALLING YOU TO BECOME AND DO WHAT
GOD CALLS YOU TO DO.**