

Director Module 1 – Maintain Emotional, Spiritual, Relational, and Physical Health While Leading a Ministry

Core Competency 1

Maintain emotional, spiritual, relational, and physical health while leading a ministry.

Read

Read *Didn't See it Coming: Overcoming the 7 Greatest Challenges that No One Expects and Everyone Experiences* by Carey Nieuwhof

Discuss

1. Why do you think Carey Nieuwhof chose to write this book?
2. What stood out to you the most?
3. Respond to the statement that Carey shared...
 - a. "Competency gets you in the room. Character keeps you there."
 - b. Do you agree or disagree? Why?
4. Carey suggested that leaders who last work twice as hard on their character than on their competencies. What might that look like for you?
5. Of the 7 challenges that Carey listed, which might be the most difficult or alarming for you? Explain.
6. What are some of the challenges to maintain emotional, spiritual, relational, and physical health for you personally?
 - a. How might you overcome them?
7. What are 3-5 action steps you need to take?
8. What accountability question would you like for me to ask you next time we meet?

Exercise

Create and implement an approved personal "growth" plan.

1. Pray and reflect on how you would like to grow in each of the 3 areas.
 - a. Spiritual Growth
 - b. Professional Growth.
 - c. Other People Growth
2. Identify 1-2 Goals for each of those 3 areas and write them down. (Examples could include: I want to develop 3 new leaders this ministry season. I want to build a relationship with 4 neighbors in the summer. I want to lose 20 pounds in 3 months.)
3. Identify 3-5 tactics that you will take to accomplish these goals. Be specific. List the books, podcasts, or other tactics you will use to accomplish these goals. Examples can include...
 - a. I will meet with a mentor once a month.
 - b. I will read (name of books).
 - c. I will listen to X...
 - d. I will host a block party.
4. For each tactic, identify how you want to be held accountable from your direct report.
5. Once the growth plan is approved, set a date to check in with your direct report.