Now what? Leading with Courage and Integrity through Crisis

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TOO MANY HATS

Author/Speaker/Podcaster/Social Entrepreneur/Clinical Director/Therapist/Executive Coach/Owner & Co-Founder

Mom/Wife/Friend/Sister/Daughter/Community Leader/Online School Teacher/Activity Director/Tech Support
WHAT WE NEED IN CRISIS

- SUPPORT
- STRUCTURE
- SHEPHERDING
SUPPORT

- Connection
- Calm the “Brain”

(Mind, Emotions, Soul & Body)
Feel It To Heal It

1. Name it

2. Where is it?

3. What would it say?

4. What would bring comfort?

5. Advocate for the need.
STRUCTURE

- Power
- Priorities
SHEPHERD

- Presence
- Perspective
Leaders with courage & integrity communicate reality & hope
Jesus said: “Take Courage. It is I. Don’t Be Afraid”