



# PWOC

*Protestant Women of the Chapel*

Materials:  
- Paper and Pens  
- Computer with  
Projection Capability

## WORKSHOP: SELF-AWARENESS

by Kim Worrell

### LEADER'S GUIDE

**RELEVANCE:** The purpose of this module is to provide a tool to introduce the concept of self-awareness to PWOC leadership teams/ boards. While a leader is not called to be self-focused, it is critically important that she be self-aware.

**CONTEXT:** This material is meant specifically for the local board and would be appropriate in the context of a board meeting, board retreat or other special training. This lesson could also be incorporated with training for other PWOC teams such as Care Group Leaders who need to be self-aware in order to be effective.

**TIME:** 60 minutes

**HOOK YOUR AUDIENCE:** (20 minutes)

**Write on the piece of paper provided four "I am" statements that describe yourself (Examples: I am a generous woman. I am task-oriented). When you are finished, turn to your neighbor and share what you have written.**

*Before you have them break them into pairs, model your own brief responses first. Keep it simple: you are modeling both length and transparency.*



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*In this activity, you are trying to provide a “safe” opening exercise and a “warm up” to the concept of self-awareness.*

*Sharing in a pair first builds a sense of safety. Even an introvert will share in a pair; introverts will tend to shut down once a group gets larger than four in number.*

*A warm-up is different than an icebreaker. Icebreakers simply get people talking; warm-up activities accomplish that goal but also prepare them for the topic to be discussed.*

*After participants have had about five minutes to share, ask them to stay in pairs to discuss the following questions:*

- 1. How hard did you find it to write your “I am” statements and why?**
- 2. How did you decide what to share about yourself?**
- 3. What do you learn about yourself from the answer to the first two questions?**

*After 5 minutes of sharing in pairs, give them the opportunity to share with the larger group.*

*Do not call on anyone to go first; these women are adults and can choose for themselves. To the degree you can GENUINELY do so, lavishly affirm each response. Affirmation will also build a sense of safety in the room.*

## **MAKE YOUR POINT/ENGAGE YOUR LEARNERS 1: SELF-AWARE LEADERSHIP**

(10 minutes)

**Read the following thoughts on leadership and underline what strikes you as important. You will have an opportunity to share your insights with the whole group.**

*Here is an example of how you take a significant amount of content about a subject and cover it in a short amount of time. Watch your women. They should be able to read this information in about 3-5 minutes. It will take a few more minutes to share their brief insights on what they've underlined. You, as the person conducting the training, will set the example by being lively in the tone you establish. Do remember: LAVISH AFFIRMATION when you respond to their insights.*



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*Every leader should pray for a divine measure of self-awareness. It is a critical part of leadership, and one the Lord indicates will play an important role in reducing conflict on our leadership teams. "Why do you look at the speck of sawdust in your brother's [sister's] eye and pay no attention to the plank in your own eye?" (Matthew 7:3; NIV)*

*It is clearly the Lord's intent that we examine ourselves! Consider self-assessment in the following areas:*

**Your Strengths:** *Be appreciative- not prideful- of areas where God has gifted you. Scripture indicates that "to each one the manifestation of the Spirit is given for the common good." (1 Corinthians 12:7) Your gifts represent a calling on your life; they are given TO you, but they are not FOR you. One basic leadership principle is: operate in the area of your strength, staff in the area of your weakness.*

**Your Weaknesses:** *A self-inventory in this area helps inform decisions as to the composition of your team. God uniquely designed you as one "piece" that fits in with others to make a "whole." "Now the body is not made up of one part but of many." (1 Corinthians 12:14) When you seek to "go it alone" in ministry, you are depriving those you serve of the full range of service the Lord desires to provide through the BODY of Christ. Are you lacking the spiritual gift of administration? Ask the Lord to arrest your attention on a person gifted in that area to serve alongside you!*

**Your "Issues:"** *We need to courageously face any unresolved "issues" in our lives. The enemy seeks to gain footholds in leaders' lives, and areas of woundedness can become strongholds if we do not acknowledge them and seek healing. If you lead out of woundedness, you will soon find yourself "bleeding" on everyone around you. You owe it to those you serve to deal with those personal experiences or even past ministry experiences that have left "cuts" on your soul. Just as a wounded warrior instinctively favors an injured limb, you will reflexively protect yourself and react with undue focus in those areas where you have not surrendered to the Lord's transforming power- which in turn may blind you to new things He may be doing or a new direction He may be leading. Acknowledge that there may be a deep work He wants to do IN you as He works THROUGH you. "And we, who with unveiled faces all reflect the Lord's glory, are being transformed into His likeness with ever-increasing glory, which comes from the Lord, who is the Spirit." (2 Corinthians 3:18; NIV)*



**Your Priorities-** Leadership will be a season of "pouring out." It is absolutely essential that you protect your time with the Lord and allow Him to pour back into you as well. You will run dry without a fresh infilling of His Spirit! In addition, you must protect your front-line ministry, your family. Your family may be called to make some sacrifices as you lead, and in that, they too will experience God in amazing ways—but God will NOT call you to sacrifice your family. Ensure your priorities are not out of order. Those of you who are married or are parents should zealously guard your marriage and/or children and cover them in prayer.

A leader should not be self-focused, but she should be self-aware. Periods of purposeful introspection will breed both appreciation of the way God fearfully and wonderfully made you and awareness of those areas where He wants to caution or challenge you. A little self-reflection will ensure you better reflect HIM in your leadership.

Allow women to share what they found significant from the reading.

## **MAKE YOUR POINT 2: AWARENESS OF ACTIVITIES WHICH DRAIN AND FILL** (13 minutes)

Watch the You Tube Video of Wayne Cordeiro entitled "dead leader running- fill your tank." Web address: <http://www.youtube.com/watch?v=roZWOWS22R0>

The video will take 8 minutes and 20 seconds to view. Then break into groups of three, or no more than four, to discuss what impacted you most from the video.

## **ENGAGE YOUR LEARNERS 2: CASE STUDY** (12 minutes)

**In your same small group of 3 or 4, read the following case study and answer the questions that follow. You will have the opportunities to share your findings to the larger group.**

*Erica is the Hospitality Chairperson for her local PWOC board. She has a three-year-old, and her husband recently returned home from deployment. She has always yearned to feel included in groups and volunteered to coordinate weekly refreshments for her PWOC.*



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*Erica forgets to put out a sign-up sheet out almost every week to offer women the opportunity to help with the following week's baked goods. She finds she can bake everything herself if she stays up late the night before or bakes during her son's naptime. It is an expense, however, and she does miss the quiet time she used to enjoy at that hour.*

*Erica is enjoying her PWOC involvement less and less, and her unhappiness is compounded by the fact that her husband seems increasingly grumpy. She wonders why he is having such difficulty adjusting to being home.*

1. What is happening here?
2. How would you feel if it happened to you?
3. If it happens in our PWOC group, what problems will it cause?
4. How could the situation have been avoided?

*The case study is a "synthesis" activity. You are hoping here to see your board make the connection between some of the content they have processed in the previous two learning segments and this hypothetical but realistic situation. For example: Participants may share some of the following insights: A) Erica's "yearning" to be included may stem from some previous sense of rejection. It drives her to volunteer even during a time when her husband may be yearning for extra time with her. B) She appears lacking in administration: forgets sign-up sheets and fails to delegate, robbing others of service opportunities. C) She is imposing on quality time with her husband. D) She is depriving herself of the quiet time that "fills her." E) Her priorities are out of order. She lacks awareness of how her choices impact others. Participants may come up with additional applications!*

## **APPLY IT TO LIFE:** (5 minutes)

**Silently read over the following list of "The Ten Signs of Imbalance"<sup>1</sup> in a leader's life. Mark any that apply to you:**

### *THE TEN SIGNS OF IMBALANCE:*

1-Nervous, manic energy

2-Wandering, unfocused mind

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<sup>1</sup> Cashman, Kevin, ed. Leadership from the Inside Out Minneapolis: TCLG, 11c, 1998.



- 3-Externally driven motivation
- 4-Negativity
- 5-Strain in relationships
- 6-Dullness, lack of inspiration
- 7-Depression and fatigue
- 8-Regular usage of caffeine, nicotine, alcohol, or drugs
- 9-Achievement via strain and effort
- 10-Less than optimal productivity

***Close in prayer:*** Thank the Lord for how fearfully and wonderfully made each woman on your board is. If any sign of imbalance has been revealed in her life, ask the Lord to reveal to her also the "root" of that imbalance. Pray that she will operate in her strengths and depend on the Body of Christ in her weaknesses. Ask the Lord to remind her that His yoke is easy and His burden light. Thank Him for the call on her life and pray for joy in her service.



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