



PWOC

Protestant Women of the Chapel

WORKSHOP: SELF-AWARENESS

by Kim Worrell

PARTICIPANT'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.

INTRO: Write 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.

1.

2.

3.

4.



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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?

1. SELF-AWARE LEADERSHIP

Read the following thoughts on leadership and underline what strikes you as important. Write down any thoughts you'd like to share. You will have an opportunity to share your insights with the whole group.

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*



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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 insure you better reflect HIM in your leadership.



II. AWARENESS OF ACTIVITIES WHICH DRAIN AND FILL- CASE STUDY

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.

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?



APPLY IT TO LIFE:

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

THE TEN SIGNS OF IMBALANCE:

- 1- Nervous, manic energy
- 2- Wandering, unfocused mind
- 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

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

