



"The Highly Resilient Client: Coaching Our Strongest Clients & Pastors."

Presbyterian Coach Network Learning and Networking Call

June 9, 2022

Introduction

Trendy: “Resilience has become the new must have executive skill”

Personality + Cancer + Generation + Geography + Inherited

You are so Freaking Resilient?

Anxiety Coaching and the Ah Ha’s of Anxiety Global



Resilience

We all know resilient people. They inspire us. They seem to soar in spite of the hardship/trauma they face. Most resilient people seek out new and challenging experiences because they've learned that it's only through struggle, through pushing themselves to their limits, that they will expand their horizons. They are not danger seekers, yet they don't wither when confronted with risky or dangerous situations. Resilient people understand that failures are not an end point. They do not feel shame when they don't succeed.

From the book: The Resilience Factor

Karen Reivich, PHD

Andrew Shatte, PHD



Resilience

Instead, resilient people are able to derive meaning from failure, and they use this knowledge to climb higher than they otherwise would. Resilient people have found a system for galvanizing themselves and tackling problems thoughtfully, thoroughly, and energetically. Resilient people do feel anxious and have doubts but they learn how to stop their anxiety from overwhelming them. We watch them handle threat with integrity and grace and we wonder: Could I do that?

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Your Resilience

Take a few minutes to reflect on your own resilience...

1. List 2 to 3 places or moments where your resilience has been an asset.
2. List 2 to 3 places or moments where your resilience might have hindered you.



Resilience Assessment as Coach

1. Is too much resilience something you have previously considered for a pastor?
2. Have you had a pastor where you suspected their resilience may be getting in their way? Did they blow by diligence into starvation?
3. If yes, which of your coach skills did you practice to explore resilience with the pastor? Where in The Word did you lead from?
4. How might you think of this in terms of gender? Or tenure? Or...?



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Case Study 1

A 22 Year Old Seminary Student

~18 hours of school per semester

~30 plus hours a week at Starbucks

~20 plus hours a week as a dance
choreographer

~Peace Corp and/or Military aspirations

~Heavy involvement helping support
her younger sister with a mental illness

~And has a fiance



Coaching Competencies

Coaching Presence

~How will we manage your own resilience?

Powerful Questioning

~What questions come up?

Establishing Trust & Intimacy with the Client

~How can we set the table for them to really see their plate?

Should we do that? How can we know?

Direct Communication

~Any direct statement come bubbling up?



Case Study 2

A 45 Year Old Head Pastor

~Her church is in a community population of 350K+ The congregation size is listed as 300+ with 100+ active members

~50 hours per week up to 60 hours during holiday seasons

~Single mom of 2 teenagers

~Missing promotional opportunities within the denomination leadership the last 2 to 3 years. After rarely missing opportunities she's been considered for in nearly 20 years.

~B- rating on self-care but starting to experience some recent health concerns.



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Missing Deeper Connections

~Unnecessary tolerance of stress

~Deeper connections is our answer to anxieties;
With God AND our brothers and sisters

~Slowing Down to the Speed of Life

Also a book by Richard Carlson & Joseph Bailey

“**God** makes a home for the lonely; **He** leads the prisoners into prosperity. Only the stubborn and rebellious dwell in parched land.”

Psalm 68:6





Thank you

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