



Values and Leadership

Food for Thought

One of the lessons I have learned from this pandemic is that you cannot prepare for everything. These days, changes have come at a rapid speed. We have had to adapt due to social distancing and public health requirements. Changing the ways we connect, the ways we work, the ways we worship, and how we function as a community. And finding our way has not been easy.

In this pandemic, our resilience has been tested. Resilience enables us to recover when we have experienced hardship in any area of our lives. These experiences have also strengthened us. We have found new ways of operating; we have adapted in all areas of our lives, and we continue to find ways to carry on.

As a leader, it is critical that you build up resiliency, for you and your team. Your colleagues are looking to you to set the direction. When you are resilient, you will find yourself better equipped in challenging circumstances, and better able to bounce back when you stumble.

In the News

4 steps to cultivating pastor resilience

"You probably already realized this, but you are in the middle of a marathon, not a sprint." Navigating today's leadership challenges is not easy. To better serve others, you must first care for yourself.

If at first you don't succeed...

Resilience isn't a skill you have, or you don't. It is something that you can learn and strengthen. When you are determined to overcome obstacles, you are more likely to succeed. "Say, "I think I can," and you probably will."

4 ways every pastor can develop emotional resilience

Resilience is about more than overcoming obstacles. To lead others well, you must be able to understand and manage your emotions. Building your emotional resilience will help you navigate difficult situations and decisions.

Lessons in resilience from health care leaders during the pandemic

When faced with adversity, as leaders it can become a habit to carry the burden yourself. In this complex time, health care leaders suggest letting go of what you cannot control and demonstrating strength through vulnerability.

Leadership resiliency: Handling stress, uncertainty, and setbacks

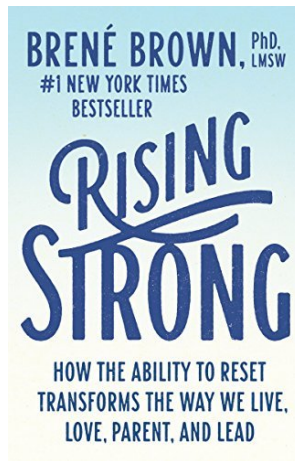
Trying to eliminate all stress from our lives is impossible. It serves us better to focus our energy on improving our ability to handle adversity. "The question isn't how can you avoid difficulty and stress; it's how do you face it?"

From our Shelves

In her book, *Rising Strong*, Brown connects with people with a range of experience from teachers, to parents to CEOs. Listening to their stories, Brown highlights what it means to rumble with our emotions and find our way back after we have stumbled. *Rising Strong* is a guide for anyone looking to build resilience and their ability to bounce back.

Rising Strong

Brene Brown
Random House (2015)



Above are articles and items in the news that we've come across that are themed to organizational leadership, values and ethics.

Please forward this to anyone else you think might be interested - there's a link below to do so. And should you come across an article of interest, we'd be happy to hear from you and look at including it in a future feed.

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