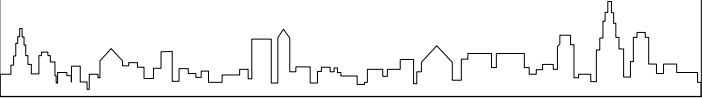


Leader Health

Rev. Dr. Marcus J. Carlson



Health trumps



Health trumps Everything

- Health is a significant indicator in effectiveness and longevity.
- Health and discipleship are deeply connected.
- Nobody wants to be a connected to something that is unhealthy.
- Unhealth is destructive.



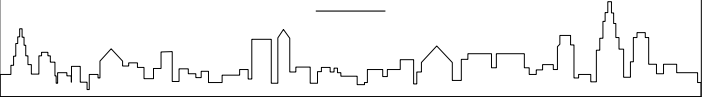
Key Realities

- Health is not the default.
- Health does not always feel natural.
- Getting healthy is hard, messy, and tiring.
- Healthy things grow.
- You cannot lead mental health ministry if unhealthy.



Health: Components

- Spiritual
- Emotional/Mental
- Physical
- Intellectual
- Vocational
- Relational
- Other (financial/gneral/miscellaneous)



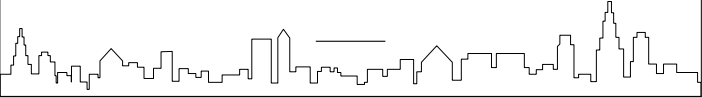
Hard Realities

- It's all connected.
- There are more unhealthy leaders than healthy leaders.
- A need to be needed leads to a temptation to not say no.



Hard Realities

- No one will guard your health for you.
- No one will set boundaries for you.
- Your health effects your relationships.
- Your health effects your ministry effectiveness.
- We have a leadership crisis.





7 Habits of Healthy Leaders

- Healthy leaders are praying leaders.
- Healthy leaders are teachable & life-long learners.
- Healthy leaders do conflict well.
- Healthy leaders have high self-knowledge.
- Healthy leaders have boundaries.
- Healthy leaders engage in self-care and sabbath.
- Healthy leaders embrace & dispense grace.



Resources

- Self-Care Inventory (provided)
- Preparing for Amazement Ministries Blog (amazed15.org/blog)
- Recordings of Habits of Healthy Churches/ Leaders Webinars
- Peter Scazzero-The Emotionally Healthy Leader



Resources

- **Podcasts:**
 - Voices in the Wilderness: Conversations about Church and Leader Health
 - Center for Congregations Podcast
 - The Emotionally Healthy Leader
- **Ministry Pulse App**

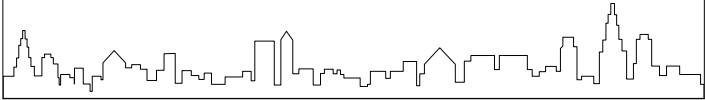


Resources

- Leader Health Retreats
- Coaching:
 - Enneagram Coaching
 - Working Genius Coaching
 - Leader Health Coaching



Questions?



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