



# RECONNECT IN THE ROCKIES

CCCA Rocky Mountain Sectional 2022

## Authentic Leadership

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Loving God with All of Your Heart, Soul, Mind and Strength

[TheCrucibleProject.org](http://TheCrucibleProject.org) [MyJourneyTo.com](http://MyJourneyTo.com)

TheCrucibleProject.org

MyJourneyTo.com



**SOUL CARE ANYWHERE**

# You Will Leave Here With...

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- An understanding why emotions are a gift from God.
- Reasons why we are disconnected from our heart.
- Five principles for for leading authentically.
- An individualized plan for leading with authenticity.






# Five Principles for Leading Authentically

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1. Live in Integrity
2. Take 100% Responsibility
3. Keep Your Agreements
4. Know Yourself
5. Be Courageously Vulnerable



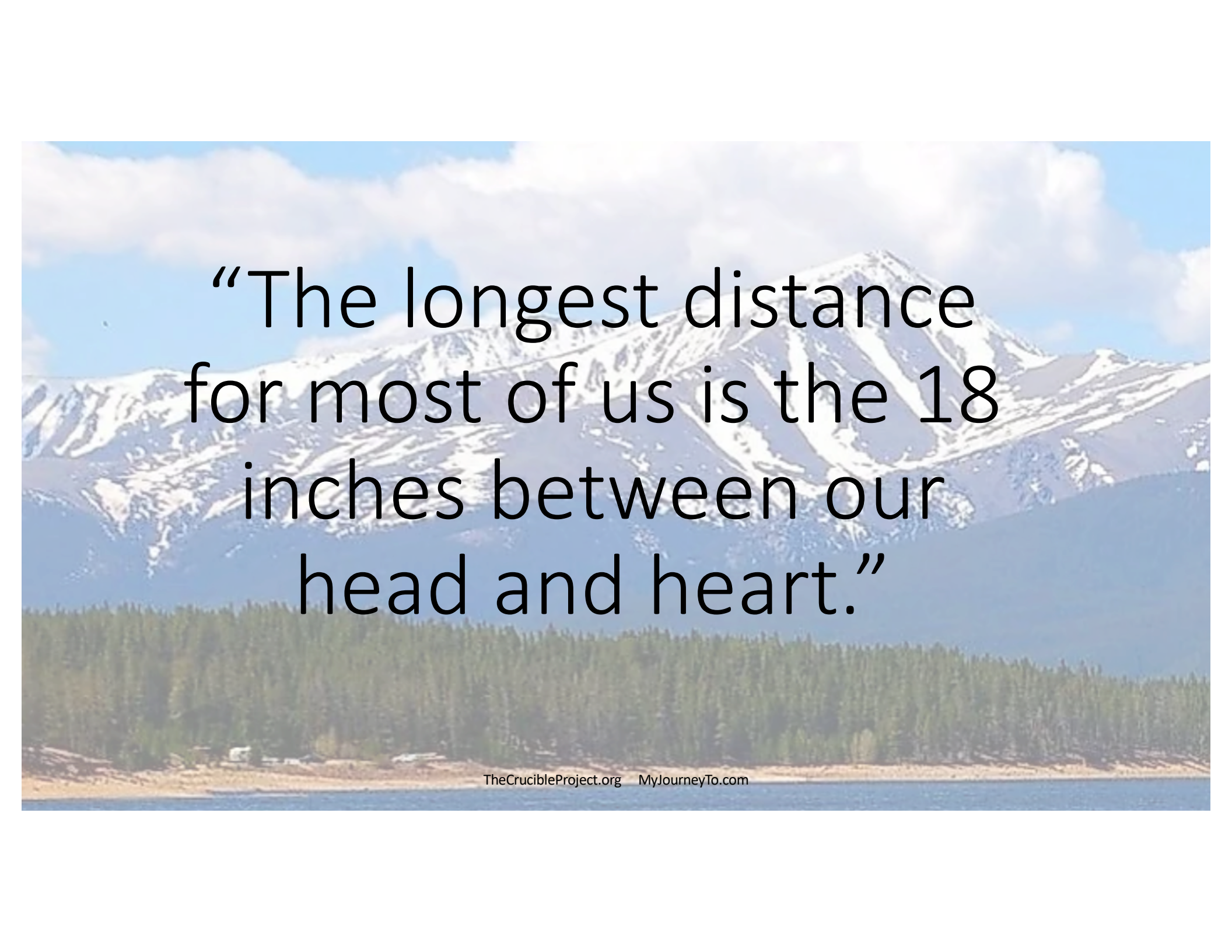


“Love God with all your  
heart, soul, mind and  
strength.”



“We prioritize loving  
God with our mind,  
neglecting our heart,  
soul and strength.”





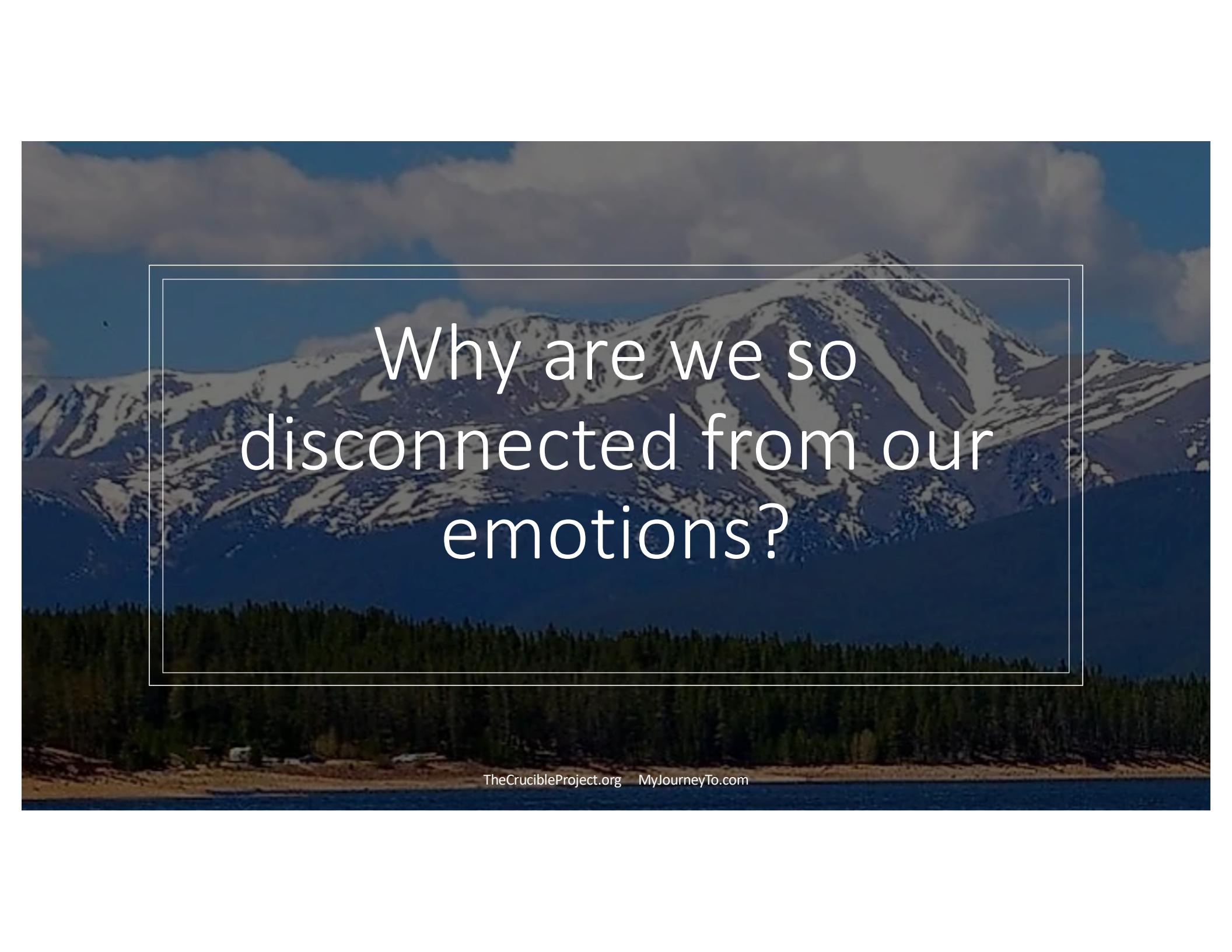
“The longest distance  
for most of us is the 18  
inches between our  
head and heart.”





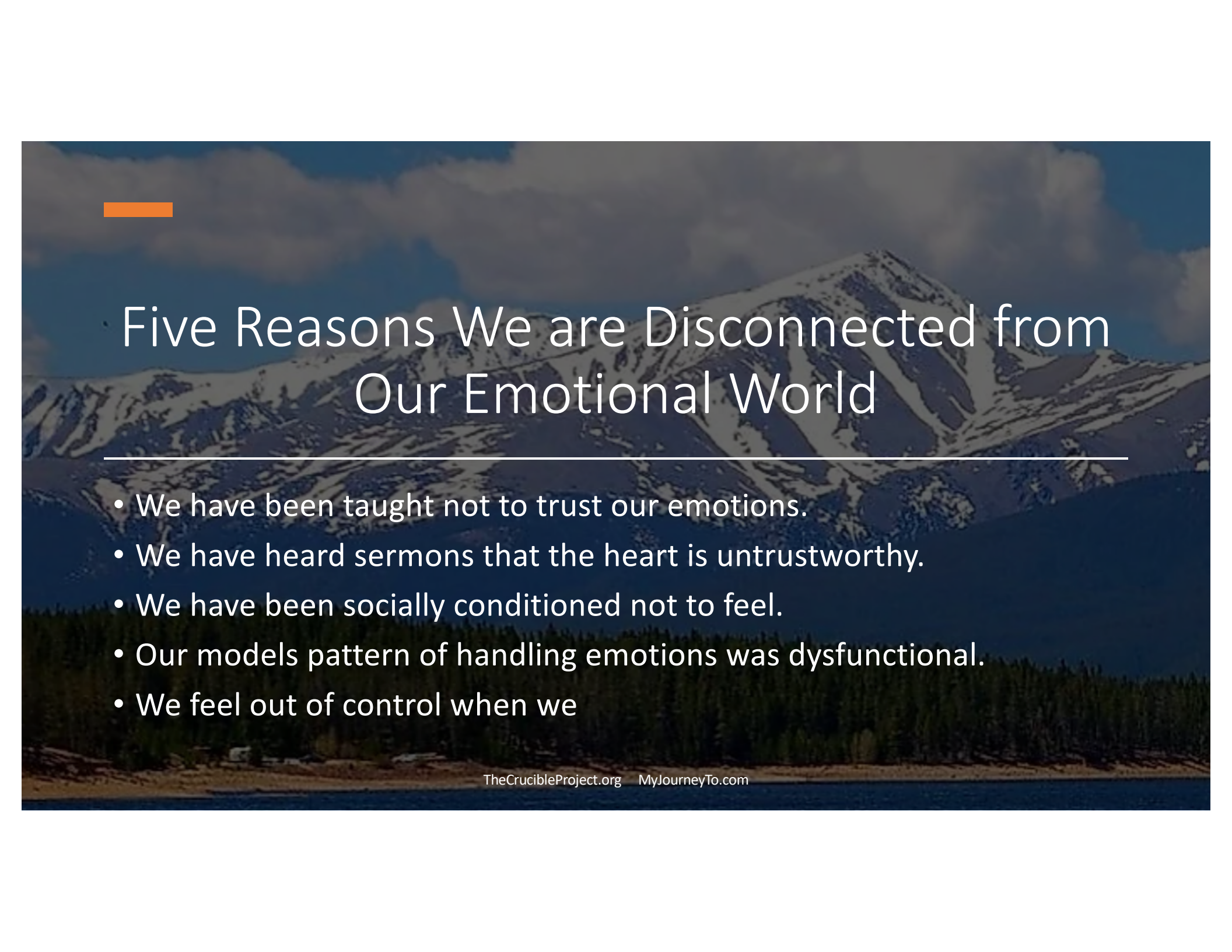
## You may be disconnected if...

- You find yourself accidentally doing or saying things you thought you'd never do.
- You “beat yourself up” and spiral with negative thoughts.
- You engage in numbing behaviors.
- You isolate/hide/run instead of engaging.
- You unintentionally hurt those you love.



Why are we so  
disconnected from our  
emotions?



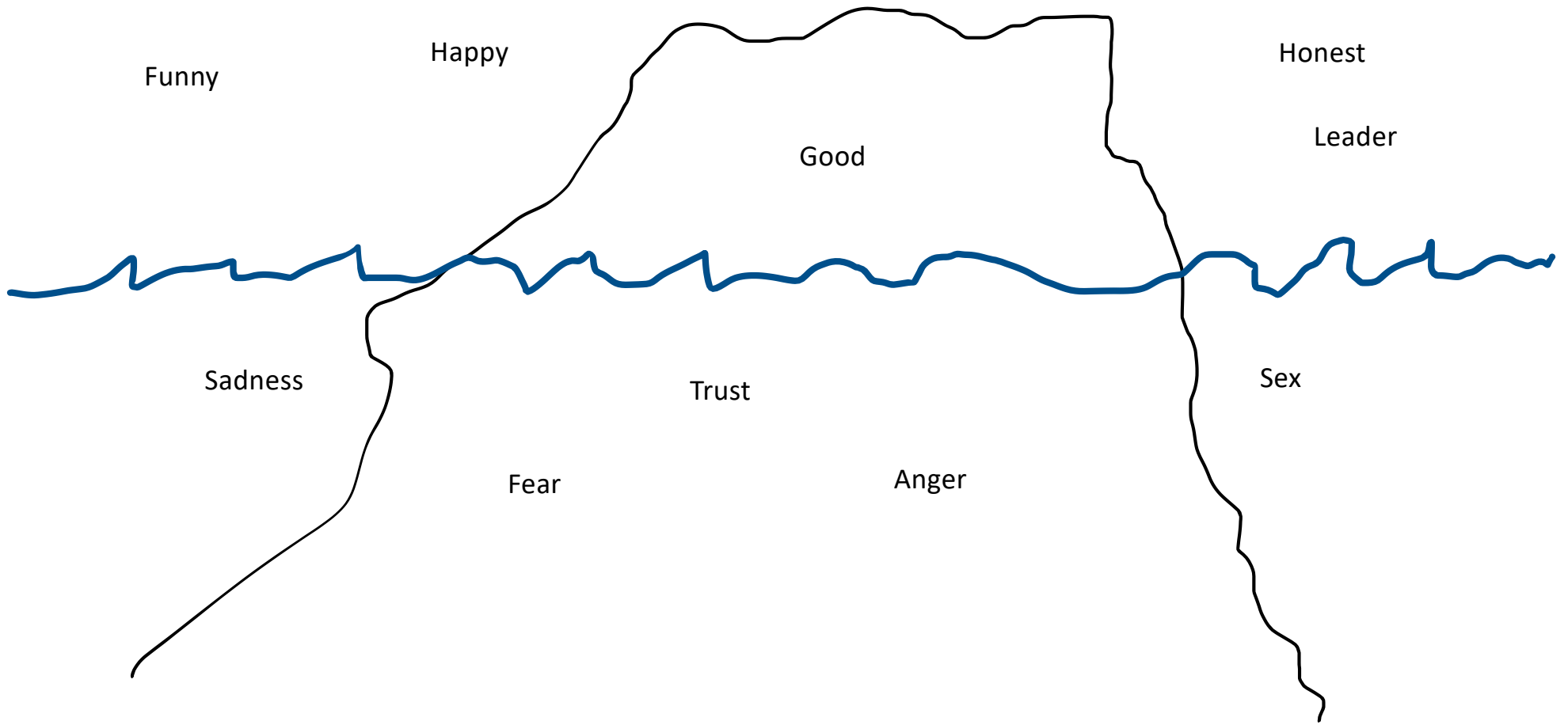


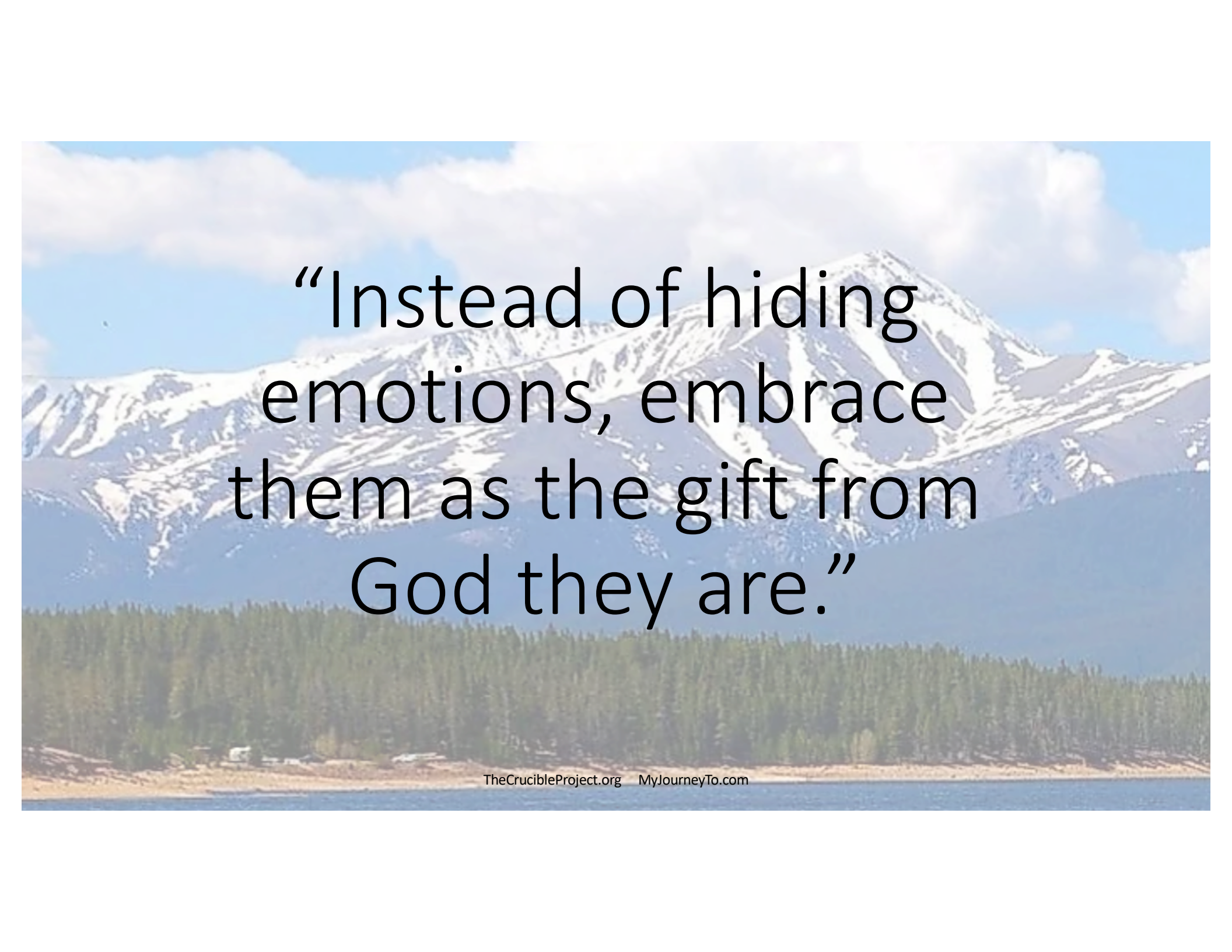
# Five Reasons We are Disconnected from Our Emotional World

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- We have been taught not to trust our emotions.
- We have heard sermons that the heart is untrustworthy.
- We have been socially conditioned not to feel.
- Our models pattern of handling emotions was dysfunctional.
- We feel out of control when we





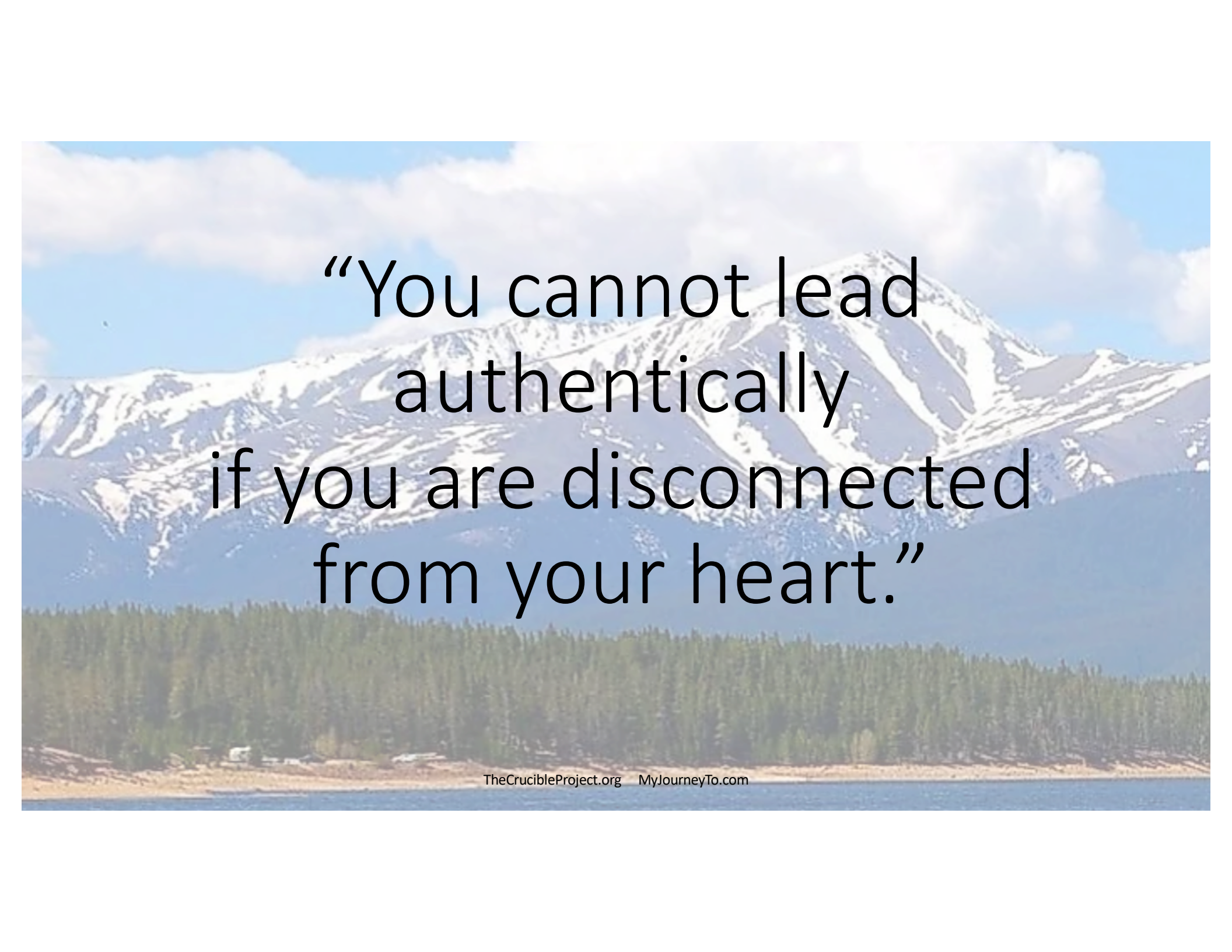


“Instead of hiding emotions, embrace them as the gift from God they are.”



“You cannot love God  
with your heart if you are  
disconnected from it.”





“You cannot lead  
authentically  
if you are disconnected  
from your heart.”



# Live In Integrity!

## 1<sup>st</sup> Principle of Authentic Leadership

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- When my actions and words are consistent. I walk my talk.
- When I consistently act in line with my beliefs and values.
- When my head, heart, soul and body are congruent and whole.





# Take 100% Responsibility

2<sup>nd</sup> Principle of Authentic Leadership






# Keep Your Agreements!

## 3<sup>rd</sup> Principle of Authentic Leadership

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- Make clear/specific agreements.
- Only make "full body" yes agreements.
- Keep your 100% of your agreement or renegotiate the agreement prior to when it is due.
- When you blow it, make and keep new agreements.



**Know Yourself!**  
4<sup>th</sup> Principle of Authentic Leadership



Johari's Window

Others

Know

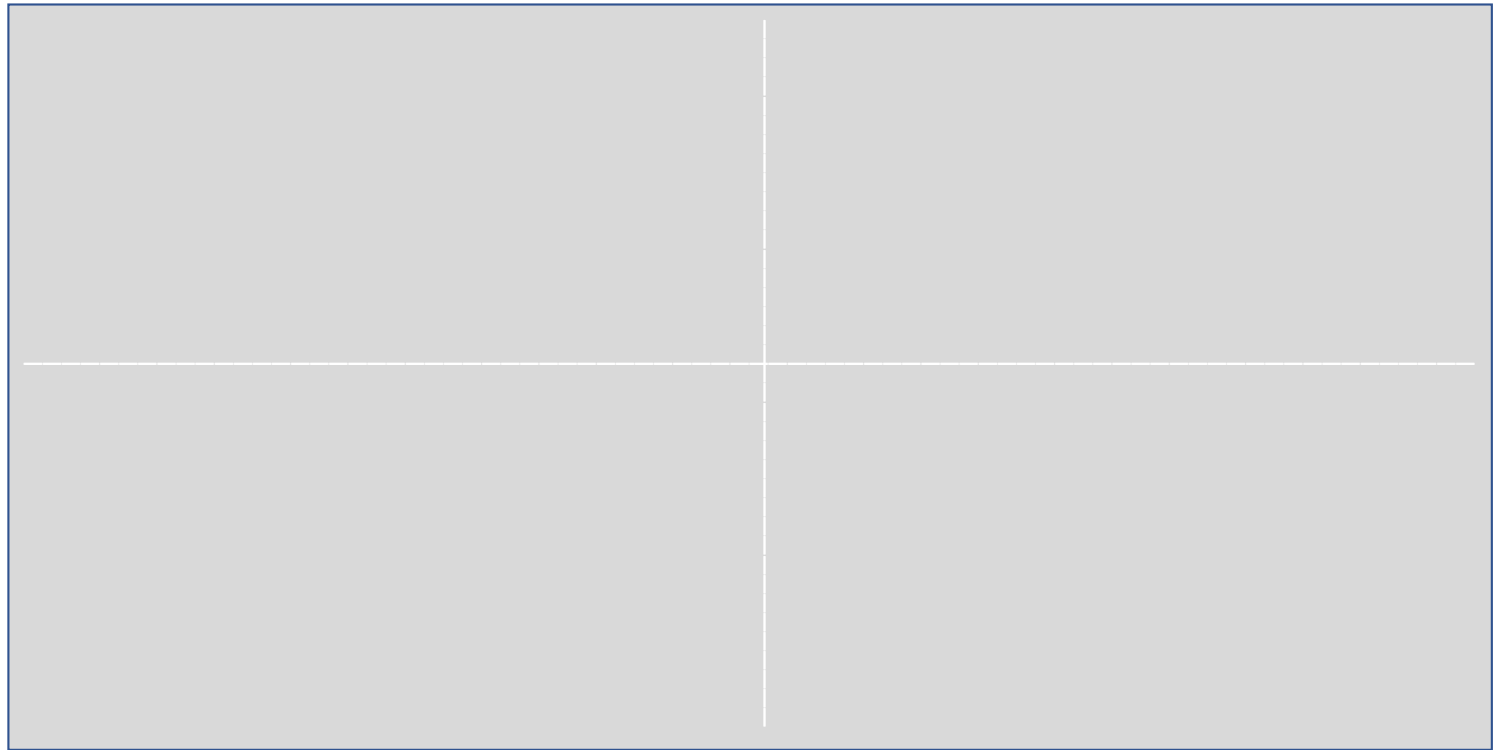
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Johari's Window

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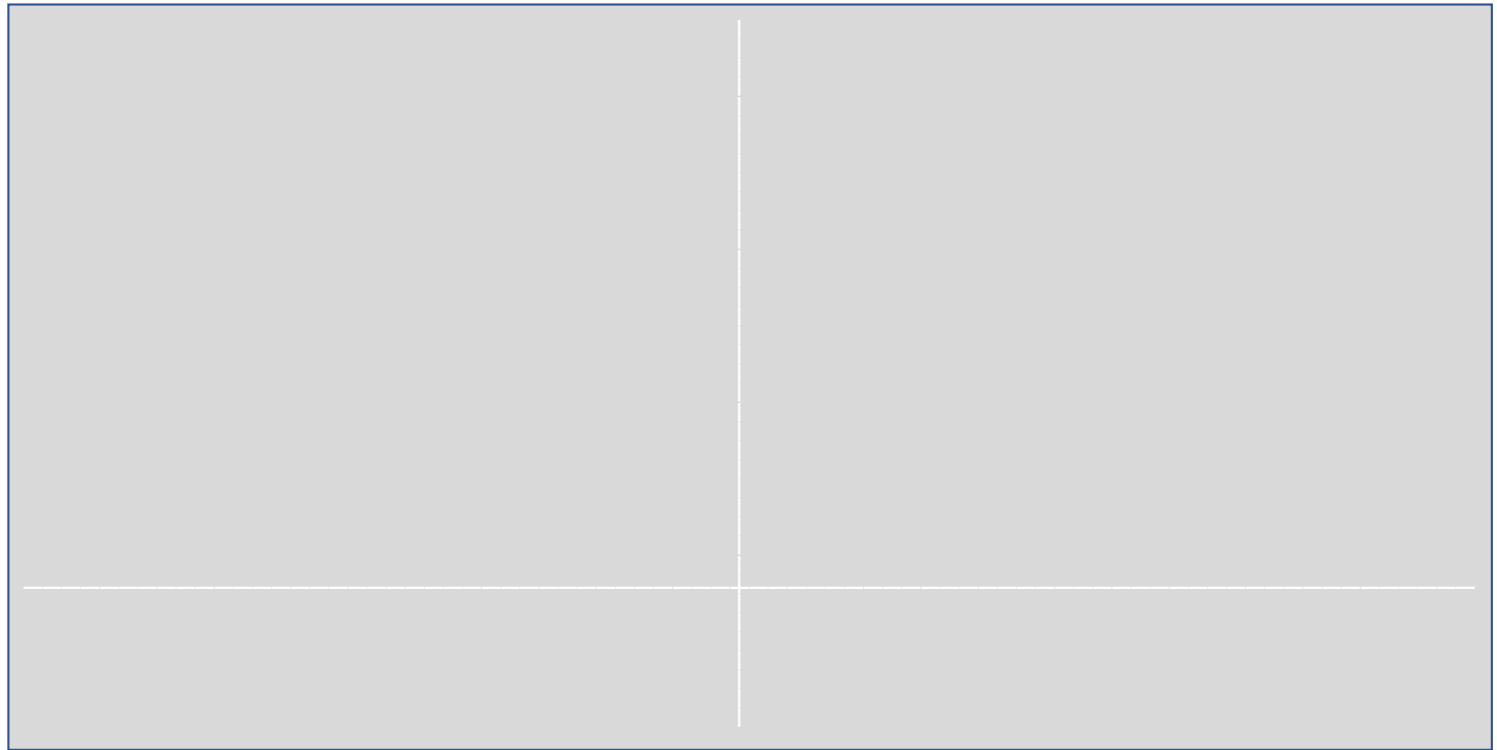
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Johari's Window

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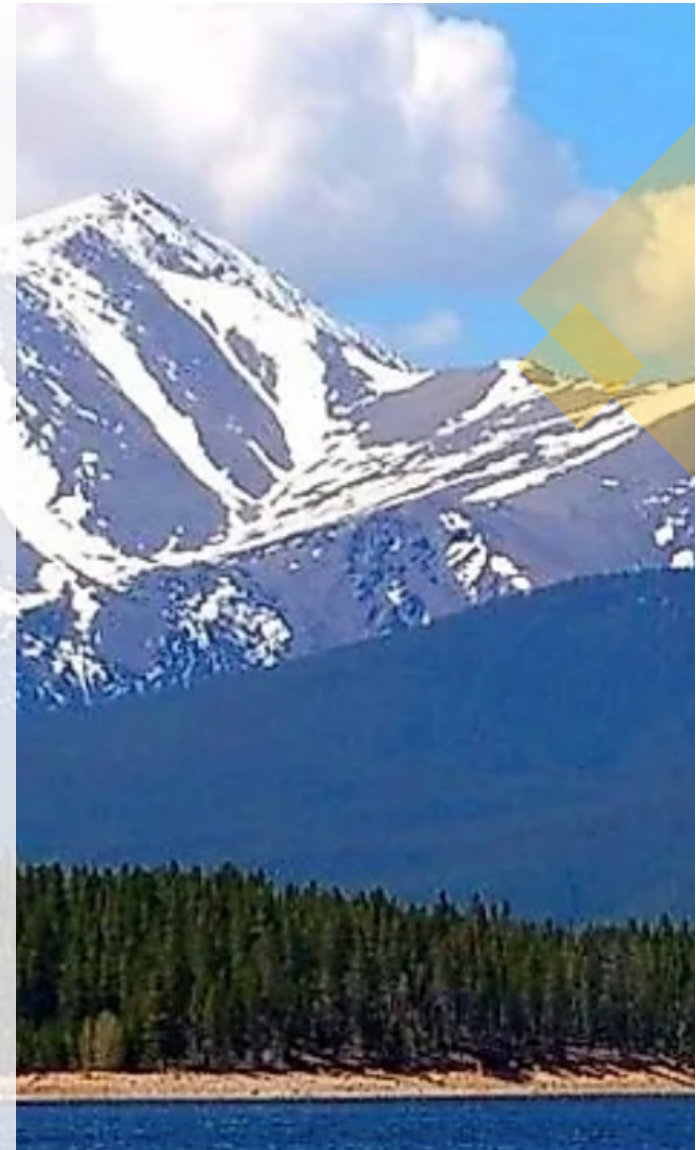
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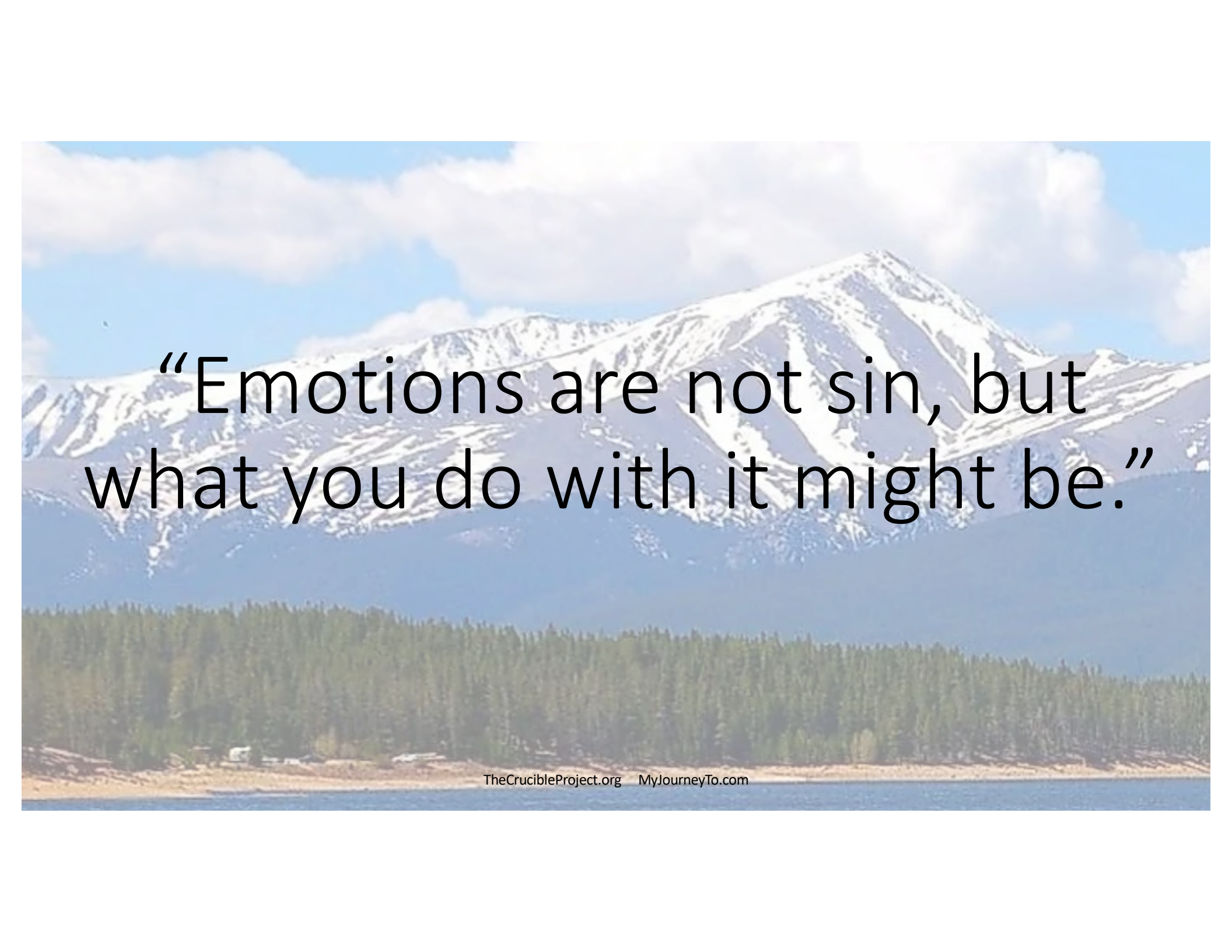


# Conquer alexathymia

- Your body is the best indicator of your internal emotional climate.
- Becoming aware of what your body might be telling you is the first step in connecting your head and heart.
- Name and claim your emotions.
- Jesus felt all of the emotions you will ever feel and was without sin.







“Emotions are not sin, but  
what you do with it might be.”



# Be Courageously Vulnerable!

## 5<sup>th</sup> Principle for Authentic Leadership

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- Our greatest fear is that we are fully seen and rejected.
- What are your trees and fig leaves?
- Vulnerability attracts others to you.
- Those you lead are looking for an authentic leader.





# Five Principles for Leading Authentically

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# Action Plan

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# You Are Leaving Here With...

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1. Think of a recurring relationship issue that you haven't been able to resolve to your satisfaction. Stand in the room where you have some open floor space and complain out loud about this issue or problem for one minute. Move your whole body, using lots of gestures and emphasis. Also, use your voice and exaggerate your complaint dramatically. (Exaggerating what's wrong first can help release the energy bound up in trying to conceal or minimize the complaint. After people say "No!" emphatically, they feel freer to find their true "Yes!").
2. Pick a place in the room that represents 100% responsibility for you. When you are ready, physically take a step into 100% responsibility. (Note: If you find yourself wanting to complain again, step out of your 100% responsibility area and complain loudly some more. When you are ready, step back into 100% responsibility and continue the process).
3. From within 100% responsibility decide which direction is the past. Turn and face the past directly. Then complete this sentence out loud 4 or 5 times with whatever comes to your mind first:

***"From my past this issue reminds me of \_\_\_\_\_."***

4. Now, focus your attention on your present life rather than on the past. Complete this sentence 4 or 5 times with whatever comes to your mind first:

***"I keep this issue going by \_\_\_\_\_."***

5. Next, decide which direction is the future. Take a step into the future (taking 100% responsibility as you do) and complete this sentence 4 or 5 times out loud with whatever comes to your mind first:

***"I can create what I really want by \_\_\_\_\_."***

6. What are you willing to commit to do from this place of 100% responsibility? What measurable action step will you take that will lead you toward what you really want?



## Authentic Leadership ACTION PLAN

1. **As a result of this presentation, what changes do you want to make in your life to be an authentic leader?**
  
2. **Of the changes you wrote down, which one is the most important to you now? Pick the one change you are most committed to make happen.**
  
3. **Describe what would be happening in your life if this change were to occur. What would you and others be experiencing? (Use your senses to envision how your life will be different as a result of this change).**
  
4. **What specific actions will you take to make sure that this change takes place in your life?**
  - a. In the next 3 hours?
  
  - b. In the next 3 days?
  
  - c. In the next 3 weeks?
  
5. **Where will you get support and to whom will you be accountable?**
  
6. **How and when will you be accountable to this person?**
  - a. How? \_\_\_\_\_ (phone, email, in person, etc.)
  - b. How often? \_\_\_\_\_ (daily, weekly)

I commit to taking what I have learned in this presentation to care for myself better. I want to be an authentic leader like Jesus.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date





## Check In Process

1. Identify Feelings — S.A.S.H.E.T. emotions
2. Identify Context of Feelings
3. End with “I’m in”

## List of Core Emotions

**SAD** (grief, a sense of loss)

**ANGRY** (blocked from something I want, frustration)

**SCARED** (fear, response to a perceived threat or danger, dread)

**HAPPY** (joy, sense of well-being, peaceful, contented)

**EXCITED** (eagerness, anticipation, positive expectation, hopeful)

**TENDER** (caring, sense of connectedness with others, compassion)

## Guidelines

- Avoid modifiers: simply own the emotion however mild or strong it is
- Give full attention to other’s speaking: with your face, eyes, and body
- Do not interrupt anyone speaking—no comments, jokes, advice giving, or “cross-talk”
- If you feel like someone is saying something that you identify with, indicate by raising your hand as a silent “me too”
- Make “I” statements rather than saying “you” or “we” when referring to yourself
- Do not worry about what you are going to say or try to plan it out in advance—speak from the heart about what is true for you in the moment