



Webinar Application Guide– August 10, 2016
Caring for the Soul of Leaders with Dr. Ingrid Davis

Bottom Line:

Soul care in a leadership world that is often fast-paced, result oriented and time sensitive, is easy to neglect. Yet our most important leadership task is the care of our souls.

Key Framework:

Why Soul Care is so important.

- Our character as leaders impacts those we are leading, those who are following, those we interact with and how we react to various situations.
- The health of an organization can never exceed the health of its leaders or its leadership team.
- Survival is a short-term strategy- we were meant to live, not just exist; Failure to care for the soul is a strategy towards leadership failure.

Why Soul Care is neglected.

- We are so busy leading that we don't take time to deal with the issues of our soul.
- Lack of realization- we don't know how to connect with, pay attention to or manage our soul; You don't know what you don't know and you have to be intentional about Soul Care.
- We don't want to see what is there; it is scary to look inside.

What Soul Care is really about.

- The nurture, restoration and healing of the living force within us: our inner person, mind, will, emotions, source of attitudes, keeper of our passions and desires, and seat of moral actions.
- Our soul is an emotional cup that will flow over with what it is filled with; through behaviours, actions and physical issues. Pollution in our cup will flow over into our lives and those around us.

How Soul Care can be accomplished.

- Self awareness; asking God to shine a light into your soul; as we are filled with the gifts of the Holy Spirit, we will reflect Christ.
- Pay attention to feelings and emotions; Emotions are terrible leaders, but great windows into the soul.
 - Eliminate hurry; reflect
 - Learn to be resilient
 - Create space to take time out and tune in
- Healing in the soul requires a safe place to process; seek help from someone/a community who understands issues of the soul and can walk you into restoration.
- Energy management; eliminate junk stress
- Create space for God to enlarge the capacity of our soul; be in the Word and centered in God.

Reflection Questions:

1. What is the present state of your soul right now? Do you have any of the physical or emotional signs of danger?
2. Have you ever had a soul coach?
3. Who in your life needs help in dealing with their soul? How can you best help them in their journey?