



RELATE: LEADING OURSELVES

SESSION 1 | WHY ALL THE DRAMA?

KEY POINTS

Why do you think women resist working together?

- Women's relational patterns are full of pitfalls
- Our lack of relational health can keep us from moving forward with kingdom endeavours
- Female relational patterns and workplace relational norms generally do not mix
- Women have difficulty together because of an inability to handle conflict
- Women also have trouble relating to one another because of emotional immaturity
 - Insecurity
 - Comparison
 - Competition
- We can learn healthier relational patterns
- We will start by "going back to move forward"



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SESSION 2 | WHY DO I ACT LIKE I DO?

KEY POINTS

- How can we grow in self-awareness?
 - Assessment tools
 - Leadership timeline
 - Look at your family of origin
 - Grow in your assessment of feelings
 - Take a look at hidden addictions, compulsions, and patterns
 - Invite feedback
 - Receive counselling



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SESSION 3 | OH NO! WE DISAGREE!

KEY POINTS

- Conflict can be defined as “a struggle or contest between with opposing needs, ideas, beliefs, values, or goals.”

- We see conflict in scripture

- “*Conflict is inevitable, but combat is optional.*” - Max Lucado

- **Thomas Killman Conflict Model**
 - Accomodating
 - Avoiding
 - Collaborating
 - Competing
 - Compromising

- **What do we know about conflict?**
 - Conflict is not the end of the world
 - Conflict will fester if ignored
 - Conflict is an opportunity
 - Biblically, we are to resolve our conflicts



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SESSION 4 | CHOOSING A BETTER WAY

KEY POINTS

- **A crucial conversation is where:**
 - Stakes are high
 - Opinions vary
 - Emotions run strong

- **6 Keys to approaching difficult conversations**
 - Deal with challenging situations

 - Plan for your conversation

 - Affirm the relationship

 - Clearly define the problem

 - Tentitavely share your concerns

 - Listen

 - Be open about being wrong

 - Inquire

 - Manage your emotions

 - Assume the best



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SESSION 5 | LOOK HOW FAR WE'VE COME!

KEY POINTS

This session is open-ended. It is important to process what we are learning and this is always done best within community.

You were encouraged to have a “difficult conversation” this week. Spend time sharing what you learned through that experience.

You were also to journal around these questions:

- What is your top three “take-aways” from this module?
- What is God saying to you in terms of your growth?
- What is your best “next step” to move forward?

Share with one another your insights.

Pray

When someone has shared their insights, pray for them – that God would lead them clearly and that they would have courage to follow.

Colossians 1:9-12 - *So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better. We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy, always thanking the Father.*