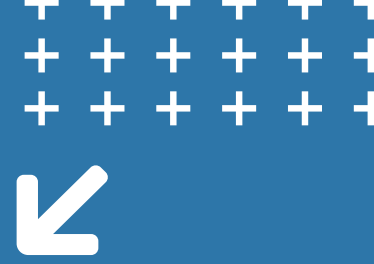


LEADERSHIP LIFTER

EPISODE NOTES



Episode #5: The Emotionally Healthy Leader

“Emotional health and spiritual maturity are inseparable. It is not possible to be spiritually mature while remaining emotionally immature”. Pete Scezzaro

(Galatians 5:22-23) But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control;

How we handle our emotions can make or break our leadership?

- Own your emotions.

Don't blame your emotions on your circumstance or other people.

If other people were responsible for your happiness, you could only experience as much happiness as they could give you.

- Lead your emotions.

Either you lead your emotions, or your emotions lead you.

- Mature your emotions.

Maturing your emotions is the goal of owning and leading your emotions.

Remaining poised when the heat is on is an indication of emotional and spiritual maturity.

4 Emotions that will diminish your influence and take you out as a leader

1. Fear

Fear paralyzes a leader. It can prevent you from taking a risk, having a tough conversation or even being obedient to a prompt of God.

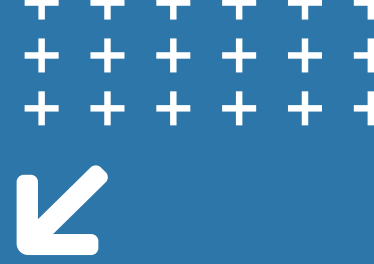
Don't let fear of failure, looking foolish, or disappointing someone cause you to hold back on doing the right thing.

2. Anger

Unmanaged anger is a nemesis to even the best leaders

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EPISODE NOTES



Depending on the severity of the circumstance or public nature of an outburst, it can cost you your leadership.

3. Discouragement

Discouragement is one of the top tactics used by the devil in order to take spiritual leaders out.

Discouragement often originates from a lie based on a skewed perspective.

4. Insecurity

Every leader has some insecurity. It can be anything from minimal to nearly debilitating.

It's up to each of us how we own, lead, and mature our personal security

Four Steps to Help You Conquer Insecurity

- 1. Don't despise your insecurity.**
- 2. Take a risk and talk about it.**
- 3. Identify the most common triggers.**
- 4. Remember who you are in Christ.**

DISCUSSION QUESTIONS

Do you frequently blame your emotions on other people or other circumstances? What area do you see yourself blaming others the most in?

Out of the four emotions that could take you out as a leader, which emotion do you struggle the most with? Why is that?

Identify three common triggers of insecurity you see within your team and your leadership. Who is a leader that you could gain feedback from in this area? What steps could you two make together to conquer insecurity?
