

HUDSON VALLEY LEADERSHIP SUMMIT 2023  
*Essential Attitudes of Emotionally Healthy Leaders*  
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OPEN:

- We believe that Healthy Churches should be made up of Healthy Leaders.
- “Emotional Maturity” or “Emotional Health”  
Emotional Maturity / Health is “*the continuous attempt to understand, express and regulate the full range of our emotions clearly and intentionally – regardless of the circumstances.*”
- **Emotional Maturity:**
  - Self-awareness
  - Self- management
  - Social awareness
  - Relationship management

WHAT IS SELF-AWARENESS?

It involves knowing yourself well enough to be in tune with what you are thinking, feeling, and how you are responding.

WANT TO BE A GOOD LEADER? Step 1: KNOW THYSELF

REGULATED RESPONSE:

*Responding to internal, interpersonal, and situational changes and ambiguity in a balanced and intentional manner.*

- I am in control...
- I acknowledge failures...
- I am able to adapt...
- I know what emotions specific environments...
- I am able to control my responses...
- I create a culture of high expectations...

PERSONAL TEMPERAMENT AND STYLE

1. Composure – I am able to stay consistent in character despite situation.
2. Reflection – I can sense when I am having an emotional response whether positive or negative.
3. Empathy – I am able to take personal experience as a way to relate as opposed to a way to control or be defensive.
4. Patience – I am able to stop and slow down when I am feeling inappropriate emotions to the moment.
5. Humble – I don’t feel the need to always be right and can admit when I’m wrong.
6. Fruit – I am able to keep the fruit of the spirit as the goal in response to situations....

*“Talent is God given. Be humble.  
Fame is man-given.  
Be grateful.  
Conceit is self-given. Be careful.”*

- John Wooden

### STRONG EMOTIONAL INTELLIGENCE:

1. "Could you tell me more about that?"
2. "I hear you."
3. "I understand what you're saying, but..."
4. "How do you feel about that?"
5. "I'm not sure what's wrong. Could you explain the problem?"
6. "What do you mean?"
7. "Great job!"
8. "You both have good points. Let's see how we can work together."
9. "I'd love your input on this."
10. "This situation makes me worried [or confused or upset]."
11. "I feel this way about..."
12. "I'm sorry."
13. "Thank you!"

### WHAT ARE SELF-AWARENESS SKILLS?

In addition to being aware of your own emotions, self-awareness involves knowing how you will react to others.

### IMPORTANT SELF-AWARENESS SKILLS:

- Empathy / Compassion:
- Flexibility / Adaptability:
- Conviction / Confidence:
- Mindfulness:
- :
- Kindness:

### KEY TAKEAWAY:

*Self-awareness rarely happens \_\_\_\_\_.  
It takes time, \_\_\_\_\_, and practice.*

### CLOSE:

*Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...*

### RESOURCES:

*The Self-Aware Leader: Discovering Your Blind Spots to Reach Your Ministry Potential* By Terry Linhart

*The Emotionally Healthy Leader: How Transforming Your Inner Life Will Deeply Transform Your Church, Team, and the World* By Peter Scazzero

*Emotionally Healthy Relationships* By Peter Scazzero and Geri Scazzero

*Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining Emotionally Immature* By Peter Scazzero

*Soul Keeping: Caring for the Most Important Part of You* By John Ortberg



In addition to the resources listed above, some insight was gained from the writings of: Nicole Fallon, Sean Peek, Richard Dobbins, Timothy Siburg, Kathy Petras, Ross Petras, and Sherrie Campbell.