

# MANAGE YOUR REACTIVITY

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## *Lesson 1*

### *Strengthening Your Inner Life*





# DEFINITION

*Managing your own reactivity is about learning to regulate your emotions in the heat of the moment so that you can do the important work of leading.*

# HOW TO MANAGE YOUR REACTIVITY

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1.



You need to be able to recognize that you are having an emotional reaction to the thing that is happening. While it is true that it is difficult to pay attention to our emotions in the heat of the moment, that is precisely when it matters most. How you lead in those moments defines your leadership. If you are able to remain calm, collected and connected to your people, you will be able to lead them in doing the work God is calling them to do.

## AWARENESS

2.



You are not your role. Your position as a leader is a role you wear, it is not who you are. Your identity is rooted in God, and what God says about you. Your leadership role is NOT who you are. It does not define you. As a leader the ability to differentiate between your identity and your role will help you to lead more effectively and avoid having a failure of nerve when your organization needs you to lead the most.

## DIFFEENTIATE

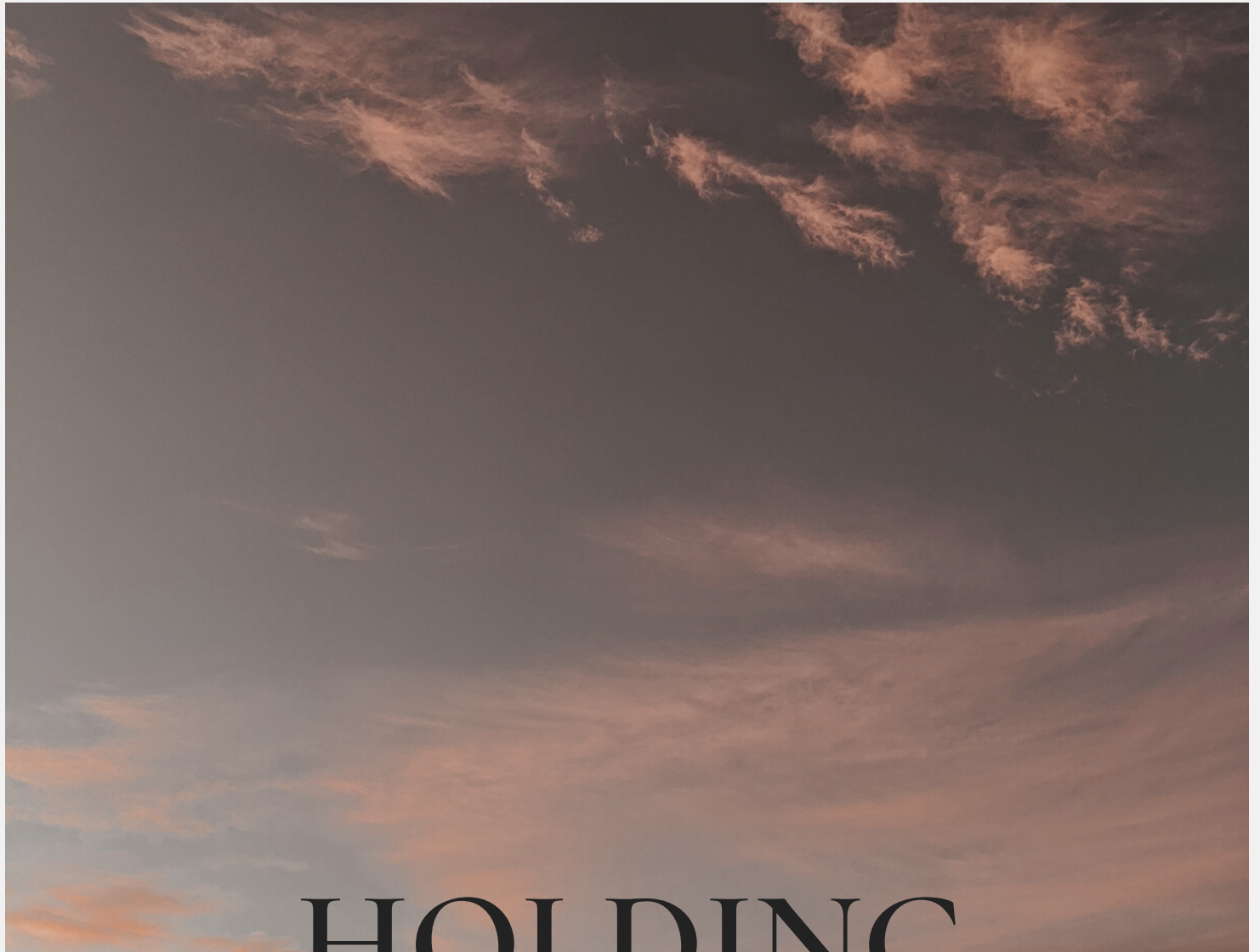
3.



Mental models are the frameworks you have about everything in life. They are how you think things should be, usually based on your life experience. To manage your reactivity, a new mental is needed.

In this new mental model, you accept all external stimuli simply as “information”. This means every criticism, resistance, negative talk, etc, is just information. It is your job to decide how to best respond to that information. You can differentiate and then decide what will help you navigate through each circumstance to help your organization thrive.

## MENTAL MODELS



# HOLDING ENVIRONMENTS

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## THE WORK OF LEADING

Managing your reactivity will help you create holding environments where the real work happens. A holding environment is when important and sometimes difficult conversations need to happen in order to be faithful to your church's missional calling. The role of the leader is to be able to facilitate those holding environments in healthy and constructive ways. The only way that can happen is for the leader to manage their own reactivity, differentiate and help the people do the work.

\*\*\*Module 2 will have an entire lesson dedicated to holding environments.