

Want Healthy Ministers? Foster Congregational EQ Worksheet

Personal Reflection (Complete the reflection questions prior to workshop)-

What types of situations and people push my buttons?

How do I respond when my buttons get pushed?

Who are the people and what are the things that calm me down when I encounter stress?

Who do I trust to provide me brutally honest feedback?

Who do I allow to hold me accountable for my performance, engagement, growth, and changes I need to make?

Who is looking at me to be an example of excellence?

The following boxes will be completed during and after the workshop-

Bullying/ Incivility/ Backbiting-

How have they affected you and/or your congregation?

Toxic Culture-

Write 2 concerns you have about your congregation's culture, that creates stress and division

- Write a sentence about how that affects you and/or your health
- Write a sentence about how it affects congregational relationships

Think Deeply-

When faced with a challenge, how often does your council collectively pause, remove personal emotion from the challenge, and think deeply about it, and then work to outline an answer/solution?

- 100% of the time, 50% of the time, one person does but the rest don't...

How could the Think Deeply practice benefit your council or congregation's work in the church?

Who shows high EQ?

Who shows high EQ in your congregation?

*Consider asking them to be part of a church EQ brainstorming/planning team!

Empathy-

List who shows high empathy skills in your staff/congregation?

*They may be good additions to your EQ planning team!

Attitudes and Values-

What Attitudes and Values would you like to promote in your congregation/staff?

Opinions-

What comes to mind regarding people sharing opinions (instead of facts) in your congregation/staff?

Are people careful about what they say, so as not to be offensive to others?

Filtering-

What unhealthy communication or behaviors would you like to filter OUT of your congregation?

Expectations- (If nothing else, prioritize creating Expectations!)

List 3 Expectations you can think of that would be good for your church staff, council, choirs, or congregation to consider for their list?

Affirmation-

List 3 ways you could Affirm staff, lay leaders, or congregational members this week ?

Buy In-

What is one idea you have to create buy-in regarding EQ and Healthy Communication in your congregation?