

# Don't Burnout! Build out!

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## Exhortation, Introduction, & Alignment for this 101 Workshop

### Coach Approach: the Plot & the Narrative

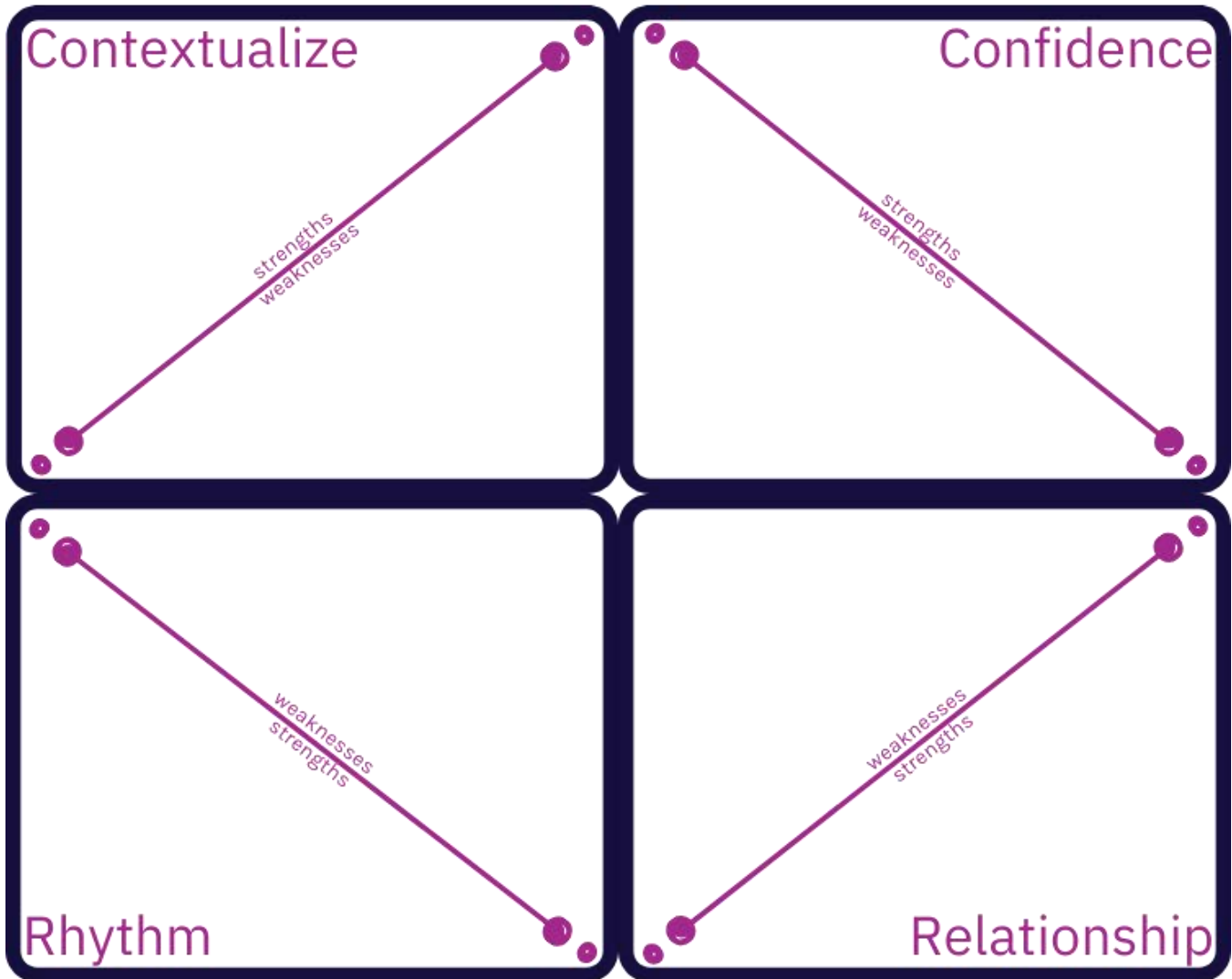
Ask: What is it like? Listen. Reflect what was said, in their words.

1. Attributes
  - a. Culture
    - i. Person A:
  
    - ii. Person B:
  
  - b. Infrastructure
    - i. Person A:
  
    - ii. Person B:
  
2. Challenges
  - a. Mindsets
    - iii. Person A:
  
    - iv. Person B:
  
  - b. Process
    - i. Person A:
  
    - ii. Person B:

## Teaching

A lens that directs us to building out, instead of burning out.

1. Contextualize within Church/Organization/Mission
  - a. MPD not as step-child, but as part of the family. Every family event. Even the group chat.
2. Confidence
  - a. Anointing, being marked by God.
  - b. Results.
3. Rhythm
  - a. Pressure can motivate us, we cannot allow it to silo us.
  - b. Slow is deep.
    - i. Good form, think “thorough”.
4. Relationship
  - a. Who is in my corner? How can I engage the team in process/mindset?
  - b. Go the extra mile.



### Coach Approach: a 4-Quadrant Paradigm (10min)

Let's think about our own work with this in mind.

1. Diagnose weaknesses and strengths via CCRR Paradigm.
  - a. NOTE: Weaknesses are on the inner part of the quadrant. Strengths are on the outside.
2. Share about the area that you are most motivated to build out with your partner.

## Reflection

### Appraisal & Shifts

1. What is **lacking within me** in order to move forward in context, confidence, rhythm, and relationship?
2. What has **shifted within me** over this last 45 minutes together?
3. How can I/we become more aware so that we move our culture/infrastructure forward: avoid burnout and prepare to build out? **Propose Next Steps, not to Solutions but to Awareness for you and your team!**

## Q&A

## Survey