

LEADERSHIP AND FAMILY SYSTEMS

This interactive family systems group will help you explore how your family system impacts your leadership and all the leaders that surround you.



Have you ever thought?

- Is there a way to lead without getting exhausted?
- Is there a way to lead without getting chewed up and spit out?
- Is there a way to lead with the “big picture” in mind?
- Is there a way to lead to get others to change? What am I doing wrong?
- Is there a book, podcast, workshop would help me to lead better?

What am I going to learn?

- Bowen Family Systems theory
- How to manage “self” and how that impacts all of your leadership and relationships
- How to calm anxiety to respond rather than react to situations
- How focusing on others will not get you what you want
- Personal responsibility in your relationships

What am I going to experience?

- Discussion and reflection on your family system and how it impacts your relationships and your leadership
- Self-assessment of your ability to think as an individual while staying meaningfully connected to others

How often will we meet?

- On the 3rd Wednesday once a month beginning on September 16, 2020 from 12:30-3:30 via Zoom ending in April or May.

What else do I need to know?

- Required reading and discussion will be based on the book, “Growing yourself Up” by Jenny Brown, PhD available on Amazon

What does it cost?

- It’s free! Just your time and the cost of the book!

Who do I contact with questions? Facilitators...

- Molly Turner at mollycturner@gmail.com
- Patty Dennis at pdennis8244@gmail.com

How do I sign up?

- Register by going to <https://forms.gle/P98kG8uEXYfKEvvZ8> If you have any questions please contact Jodi Fuller at jfuller@michiganumc.org

