



## **Cultivating Second Chair Leaders**

*Conversations about living out servant leadership in the second chair*

### **Episode #011: Pursue Wellness**

August 10, 2022

On this episode of Cultivating Second Chair Leaders we discuss the pursuit of wellness and how taking care of our physical health has an impact on our leadership abilities. We talk with guest Jean Kempe (@taibeck) on how positive outcomes can influence a balanced lifestyle as a second chair leader. We will also talk about a resource KINDLE provides, called a growth plan, which is available on the second page of this discussion guide!

### **Quotes for Reflection**

- “As a leader, people are watching us. We want to model healthy living skills. We have to think of ourselves as a whole being...we are one person and if one area is suffering, it’s going to affect the others.”
- “It reminds me, too, that that’s the model for my own ministry too. Even though I am the church professional, to set that aside sometimes and be humble and serve others in the ways they need to be served.”
- “Once a growth plan ends, once you reach a goal, set another one.”

### **Scripture for Reflection**

- John 13:1-15

### **Engagement Questions/Next Steps**

- How would you describe your 2nd chair role?
- What ‘Pursue Wellness’ physical health goal have you achieved? What kind of tools/accountability helped you?
- How do you share your pursuit of wellness with others in your area(s) of influence?
- Which of these is the most challenging aspect of pursuing wellness for you? Why?
  - Support from a 1st chair
  - Growth plan with accountability
  - Being my own advocate

**We would love to hear insight from your discussion.** You can send an email to [emily@kindleservantleaders.org](mailto:emily@kindleservantleaders.org) and we may share your story in the future!



# KINDLE Growth Plan

<b>Name:</b>		<b>Date:</b>	
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## Step 1: SPO Information

<b>Servant Leader Strand</b>	
<b>Servant Leader Practice</b>	
<b>Outcome</b>	
<b>Reason for selecting this area</b>	

## Step 2: Objectives

<b>1.</b>	
<b>2.</b>	
<b>3.</b>	
<b>4.</b>	
<b>5.</b>	

## Step 3: Plan Implementation

<b>Resources needed to meet objectives:</b>	
<b>How can your coach and/or group help you achieve your objectives?</b>	

## Step 4: Plan Assessment

<b>How will you know you've achieved your objectives? What will that feel or look like?</b>	
<b>Special Notes:</b>	

<b>Midpoint Check-in Date:</b>		<b>Final Check-in Date:</b>	
<b>Coach Okay:</b>		<b>Date:</b>	