



Cultivating Second Chair Leaders

Conversations about living out servant leadership in the second chair

Episode #015: Well Being Matters in Leadership

September 7, 2022

On this episode of Cultivating Second Chair Leaders we will take a look at the big picture and overall impact of Cultivating Health as we pursue spirit filled practices as Christ like servant leaders. We will dig into the question: What does it mean to lead an abundant, integrated life as a second chair leader? Our guest, Jim Bradshaw, also a KINDLE board member, provides insight and wisdom on well being, from his years of experience in Kansas, serving second chair leaders in a variety of ways.

Quotes for Reflection

- “How quickly our joy can be taken away when we become slaves to our own soul neglect.” - **Jim Bradshaw**
- “The pursuit of wellbeing as a second chair leader is recognizing that all of life is really woven by who we are in Christ in our spiritual well being.” - **Jim Bradshaw**
- “As we slow down, we have clarity, we have focus. We can help those around us who are out of sorts in their personal life or in their ministry.” - **Jim Bradshaw**

Scripture for Reflection

- John 13 - *“Do you understand what I have done to you?” is really a challenging question to consider...I hear Jesus talking to me about discipling others and making that the focus of what I am about.* - *Jim*
- Hebrews 12:1-2
- Philippians 2

Engagement Questions/Next Steps

- Do you sit in the vicinity of God more than at His feet? What keeps you from the latter? What can you do or who can support you personally spending more time with Jesus?
- What daily rituals do you use to connect with God? What could you plant into your day for connecting with God and others?
- Looking at the [Wellness Wheel](#), what area are you excelling at in this season? What area do you need to work on?

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