

Leadership Tips 101

October 2016

Burn Out or Burn Proof?

(adapted from Group's Women's Ministry Leader, 5 Things That Lead to Burn Out, March 2016)



What is the #1 reason women say "No" when asked to fill a leadership position? They are afraid they will have to keep that office or position indefinitely ... which, in some cases, can be years! If you are a leader in any organization, you have probably experienced "burnout" at some point – or had other leaders express that they are "burned out." At those times is when you feel as if you want to quit.

HERE ARE A FEW TOP REASONS WHY WOMEN BURN OUT IN MINISTRY:



✓ **LACK OF COMMUNICATION** – Stay in touch with your leadership team/officers through **email**, a private page on **Facebook**, **phone calls** with reminders of meetings, copies of meeting minutes for everyone. Keep members of your team in the loop.

✓ **NOT ENOUGH DELEGATION** – Get organized and get the right people doing each job. Have each person on your team invite a friend to help her. *Always let your officers know they can enlist others to help them do their job.* This also allows women who feel they don't have the gift of leadership to still have ownership in events and responsibilities of your group.



✓ **UNCLEAR VISION** – Make sure everyone on your team knows the purpose of your ministry and how you plan to fulfill it. *Keep your vision statement simple, and talk about it often to fan the flames of enthusiasm.* ***If your women's ministry does not have a vision statement, take time at a future meeting to create one. You will be surprised how much this will keep you focused in your planning.

✓ **MIXED-UP PRIORITIES** – You and your team members need to know it is okay to put family or personal life before ministry. *What one person feels is a higher priority might differ from the opinion of another.* Respect each other.

Checklist

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✓ **LACK OF ENCOURAGEMENT** – Words of affirmation are critical. Say "thank you" often. Celebrate successes. Write notes affirming the contributions and talents of your team. Publicly express thanks to those who have organized/led an event.



WAYS TO BURN-PROOF YOUR MINISTRY:

✓ **Pray** – While it sounds cliché, it is important. Take the situation to God first and ask for direction.

✓ **Talk to Someone Wiser** – There are always women who have already experienced what you are going through. Seek out one of them. Get her insight. Most likely she will have words of wisdom.



✓ **Encourage your new team of leaders before they begin** – Once your women have agreed to fill an office or leadership position, give them a thank you gift. It doesn't have to be expensive.

• Send each woman a teabag with a note suggesting they begin their responsibility by having a cup of tea and spending a few minutes with God, asking for His direction and guidance for their new adventure.



• If it is the right time of year, give each woman a small starter plant, vegetable or flower, asking her to nurture that plant throughout her leadership time. Suggest that just as that plant will need food, water, sunlight and attention, so will your team need nourishment and attention from one another. You can also give each a pack of seeds, supply a small pot and soil for each, and plant them together at your first meeting.



• At your first team meeting, give each woman an individual bag of M&M's. Have them lay out the candy in front of them and write one goal for their ministry (and their own spiritual growth) for each color of M&M. (M&M - My Ministry)



✓ **Look for training opportunities** - Training can re-energize, re-inspire and re-focus your team. AB Women's Ministries of WV offers many opportunities for training, spiritual growth and fellowship through the annual Women and Girls' Conference in June at Parchment Valley, Spiritual Growth Retreat in September at Parchment Valley, Women's Camp the beginning of April at Camp Cowen, Women's Day at the WVBC Annual Meeting in October and the Women's Leadership Academy several times a year. Take advantage of the opportunities so close to home and all affordable!

