

CMD session for The Diocese of Glasgow & Galloway

MEETINGS: HANDLING CHALLENGES WITH SKILL, CONFIDENCE AND GRACE

Diocesan Centre St Vincent Place: 29th Oct 10.30 - 2.30

Grace : Awareness

Awareness of self - mindfulness check-in

Awareness of others - my sister, my brother

Awareness of God - deep Scripture immersion and prayer

Skills:

Simple techniques for productive discussion

Facilitating real listening

Spot the danger signs:

- Displacement
- Withdrawal
- Change in energy

Name what you notice

Confidence:

Know your stuff

Ok with 'not knowing'

Feel the fear – and do it anyway:

- What are 'they' afraid of?
- What am I afraid of?
- What presses my buttons?

Grace: Surrender

- Look after yourself
- Share responsibility (*it's not all down to me*)
- Trust God for the outcomes