



Syllabus: Heathy Leadership 101

Module 1: Introduction to Systems Thinking

LEARNING GOALS:

- Integrate that UULI is a “Learning Community” via its covenant
- Understand that systems thinking is a way for the organization to reflect upon itself
- Understand that systems thinking enables us to see our interconnection and to understand that “cause and effect” and “assigning blame” are inadequate ways of understanding our congregations
- Understand that patterns in congregations can be deeply ingrained, and that we should address those patterns with curiosity rather than judgment
- Understand emotional systems using Peter Steinke’s SHIFT model

Module 2: The Congregation as an Emotional System

LEARNING GOALS:

- Our emotional interactions are “hard wired” in us as mammals
- The functioning of leaders makes a difference in the system
- Understand Differentiation

Module 3: The Welcome Table

Module 4: You and the Congregation as a System

LEARNING GOALS:

- Self-Differentiation: fusion and cut-off
- Separateness and closeness
- Cultural Biases about “being in emotional control”
- Creative tension and demand for “sameness”



UU Leadership Institute

The Innovation is online. The Transformation is in Person

Module 5: Got Purpose?

LEARNING GOALS:

- Core Values, Aspirational Values, Assumed Values and Accidental Values
- Mission, Vision and Covenant
- Mission Statements
- The Missional Church
- Making Mission and Vision “Sticky”
- Your own Mission Statement

Module 6: The Welcome Table

Module 7: Anxiety in the System

LEARNING GOALS:

- Understanding brain functioning
- The Amygdala Hijack
- Anxiety is Contagious
- Chronic Anxiety
- The Non-Anxious Presence of the Leader
- Leaders provide immunity
- Responding to Change
- Understanding Conflict

Module 8: Leading in Systems

LEARNING GOALS:

- Warren Bennis’s 3 Legs of Good Leadership
- Peter Steinke’s 7 Habits Of Health-promoting Leader
- Know thyself, Know thy Context
- Cohesive Leadership
- Tolerating Pain
- Sharing the Ministry