



# Syllabus

## UU Leadership Institute

### 101 - Centered Leadership Part 2

#### Module 1: The Interconnection of Systems

- UU Leadership Institute Covenant
- Being in Covenant as a Leader
- Introduction to Systems Thinking
- The Systems Thinking Approach (Daniel Aronson)
- Give Me A Lever Long Enough (Peter Senge)
- Intro to: Self-Differentiation, Homeostasis, Identified Patient, Family Emotional Field
- Triangulation
- Video Case Study: Anxiety
- More Resources on Systems Thinking

#### Module 2: What is Your Purpose

- Start with Why: How Great Leaders Inspire Action (Simon Sinek)
- Mission and Action
- Governance and Ministry: A Partnership (Dan Hotchkiss)
- Mission, Vision and Covenant
- Accountability to Mission
- The Missional Church...Made Simple
- The UU Missional Church (Rev. Dawn Cooley)
- Religious Community is Not Enough (Rev. Tom Schade)
- Optional Material: The Importance of Mission
- **Optional Activity for Team:** *"Experience of the Holy"*

#### Module 3: Leadership as a Spiritual Practice, Part 1

- Serving with Grace: Self-Discovery (Rev. Erik Walker-Wikstrom)
- Spiritual Practices for Meetings (Rev. Erik Walker-Wikstrom)

#### Module 4: The Congregation as an Emotional System

- Differentiation of Self (Rod Smith)
- Resistance to Change
- Homeostasis
- Five Axioms about Change
- Balancing Separateness and Closeness
- Case Study: A Nervous Condition by Ed Friedman
- Iceberg of UU Culture
- **Optional Activity for Team:** *Learning to Value Difference*



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### Module 5: Leading in Systems

- The Differentiated Leader
- Differentiation: Tolerating Pain
- Culture and Conflict Styles
- Creative Tension
- Modeling Generosity
- **Optional Activity for Team:** *Video Case Study*

### Module 6: Leadership as a Spiritual Practice, Part 2

- **Activity for Team:** Serving with Grace Webinar/Workshop: (Rev. Erik Walker-Wikstrom)

### Module 7: Anxiety and the Brain

- Anxiety and the Brain
- The Amygdala Hijack
- Chronic Anxiety
- Change and Anxiety
- Responding to Change
- Levels of Conflict (Speed Leas)
- Case Study: *Nanny McFee*
- **Optional Activity for Team:** *Practicing Non-Anxious Presence*

### Module 8: You As a Centered Leader

- The Three “Uences:” Influence, Confluence, Affluence
- The Importance of Trust
- Being a Team Player
- Vulnerable Leadership
- Being a Cohesive Leadership Team
- Build a Cohesive Leadership Team (Patrick Lencioni)
- Staying Centered During Conflict (Arthur Paul Boers)
- **Optional Activity for Team:** *Team Assessment*