

Lean into Tension: An Engaging Talk with

Russell St. Bernard

### **Description:**

In this episode of the *Ministry Pivot* podcast with Rev. Russ, discover the power of leaning into tension as a leader. Learn valuable insights on managing tensions, leveraging friction for momentum, and developing strengths through challenging situations. Join us for this insightful discussion and get ready to pivot toward your season of opportunity.

### **Takeaways**:

* Tensions as Opportunities: Understand that tensions are not necessarily problems to solve but rather opportunities for growth and refinement.
* Importance of Management: Recognize the significance of managing tensions effectively in leadership roles.
* Friction for Progress: Embrace the concept that tensions create friction, which is essential for generating momentum and moving forward.
* Embracing Discomfort: Acknowledge the discomfort of tension and learn to lean into it rather than shy away from it.
* Strategic Approach: View leaning into tension as a strategic approach to leadership development and problem-solving.

### **Other Key Points Suggested by Rev. Russell St. Bernard**

* Utilizing Team Strengths: Harness the strengths of team members to address tensions and overcome obstacles collaboratively.
* Refinement Process: Understand that tensions serve as catalysts for refining ideas, strategies, and approaches within ministry or organizational contexts.

### **Resources**

* 5 Minute Pivot and Other Podcast by Rev. Russell St.Bernard <https://ministrypivot.com/conversations/>
* Articles from Rev. Russell St. Bernard: <https://ministrypivot.com/articles/>

### **Final Takeaway:**

* Feedback Seeking: Actively seek feedback from team members and stakeholders to gain insights into areas of tension and potential growth opportunities.
* Preparation for Succession: Recognize the importance of managing tensions effectively in preparation for pastoral succession and leadership transitions.

**Discussion Questions: (discuss with your team or reflect on your own?)**

* How can we ensure that newcomers to our church understand what we do and why we do it to prevent frustration and promote alignment with our church culture?
* Reflect on a recent situation where you experienced tension or friction in your leadership role. How did you navigate this tension, and what were the outcomes? What could you have done differently to leverage the tension more effectively?
* Consider the strengths and weaknesses within your team or organization. How can you better utilize the diverse strengths of team members to address tensions and overcome obstacles collaboratively? What steps can you take to foster a culture where tensions are viewed as opportunities for collective growth?

# Podcast Resources

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