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**5 things
for women
to focus on**

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intro

ARE YOU RUNNING THINGS?

Do you have friends who are different from each other?

Do you lead a group of women?

Are you supervising a team?

Do you have multiple children under your care?

If so,

Have you tried to rally them together and feel like things just aren't connecting?

Are you looking to turn your team into a family but are experiencing rough personalities and undeveloped self-awareness?

Are you wanting to steward well the role and influence you have been given but struggle with decision-making?

Are you trying to nurture your responsibilities but sometimes get lost in the details?

Here are *5 things to focus on* as you lead and nurture those who are in your care. I encourage you to read through each of them and find the one that will benefit the team the most in this season. Grab your best girls, your roommate, or your spouse. Then share your heart and come up with a plan to help you and your team, your family and friends grow.

Finally, remind yourself life is not a race, pace yourself to do this well.

Cheering you on!

A handwritten signature in black ink, appearing to be 'Jana', written on a light blue background.

focus on

DIFFERENCES

There are (generally) two kinds of people: 1) people who think and talk about seasons (i.e. for women: single life, motherhood, working mommy, business woman, retired, widowed, etc.) and 2) people who think and talk about strategy (culture, vision of the church, their future, their organization and structure of it.)

Understanding which "camp" each person on your team comes from helps you understand and lead them better. See the difference?

Some people would prefer to have a play-date while others are experiencing severe FOMO if they miss a meeting at the office.

Neither group is better than the other but it has been so helpful for me to learn what kind of person a teammate is, or which child of mine prefers to be active and which child prefers to cuddle.

We can genuinely cheer each person on as they pursue the Lord in their season and in their unique calling when we understand them better.

Who around you is experiencing FOMO and needs to be invited in?
Who do you need to go to coffee with?

focus on

SEASONS

Build solid marriages and strong singles within your community.

How a wife feels about the woman on her husbands team affects his ability to relate to his teammate.

How a parent relates to the other parent affects how their children respond to that parent.

How a senior leader releases a junior leader effects how the team will respond to their newest supervisor.

Take the time and spend the money to invest in the health of your staff and their spouses. Earn the trust and favor of the single gal's parents, or if she is married— her spouse that isn't working for you, and earn the friendship of your and/or your spouses children (if you have them.)

How can you invest in a teammates marriage?

Whose spouse should you build a better friendship with?

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TASKS

The Taylor Swift lyrics ring in my ears *"I swear I don't love the drama, it loves me."* It is our task to take the first step of growing in self-awareness and then creating an atmosphere that allows others to have courage and embrace the task of growing in self awareness as well. Can we ask hard questions here?

Is the health of your small group or your ministry worth asking the hard questions? Are the future generations of your family worth your vulnerability? Are the customers in your community worth us looking introspectively and growing in our own self-awareness? I believe they are. Think of asking yourself these questions:

If drama is always around you, can you look inward over the next few months and watch to see how you are contributing to it?

Can you win someone who is against you?

Do you know when you are the one miscommunicating?

Can you believe the best in someone when it doesn't look positive?

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NURTURE

Whole-heartedly raise and fully release your children and the leaders around you.

You must make decisions: have structures, rhythms, etc. to help you do this. If you are someone who is indecisive ask a trusted friend, roommate, business partner or spouse to help you make decisions, and then trust them to make the right decision.

The more we empower those around us (without stings attached) the more we'll see people around us thrive.

Leaders problem solve. Helping others learn to problem solve is a great way to nurture them as they grow in capacity in a given skill or season of life.

Where do you struggle to make decisions?

Who can help you make those decisions?

Give yourself a deadline to make those decisions and then a follow up plan.

focus on

CHEER THROUGH LEVERAGE & FRIENDSHIP

Learn what each woman in your leadership, each team member at work, or each child in the family, can contribute to the overall (big picture) goal. Then, cheer them on and leverage it!

What does the other individual on the team have that you don't have?

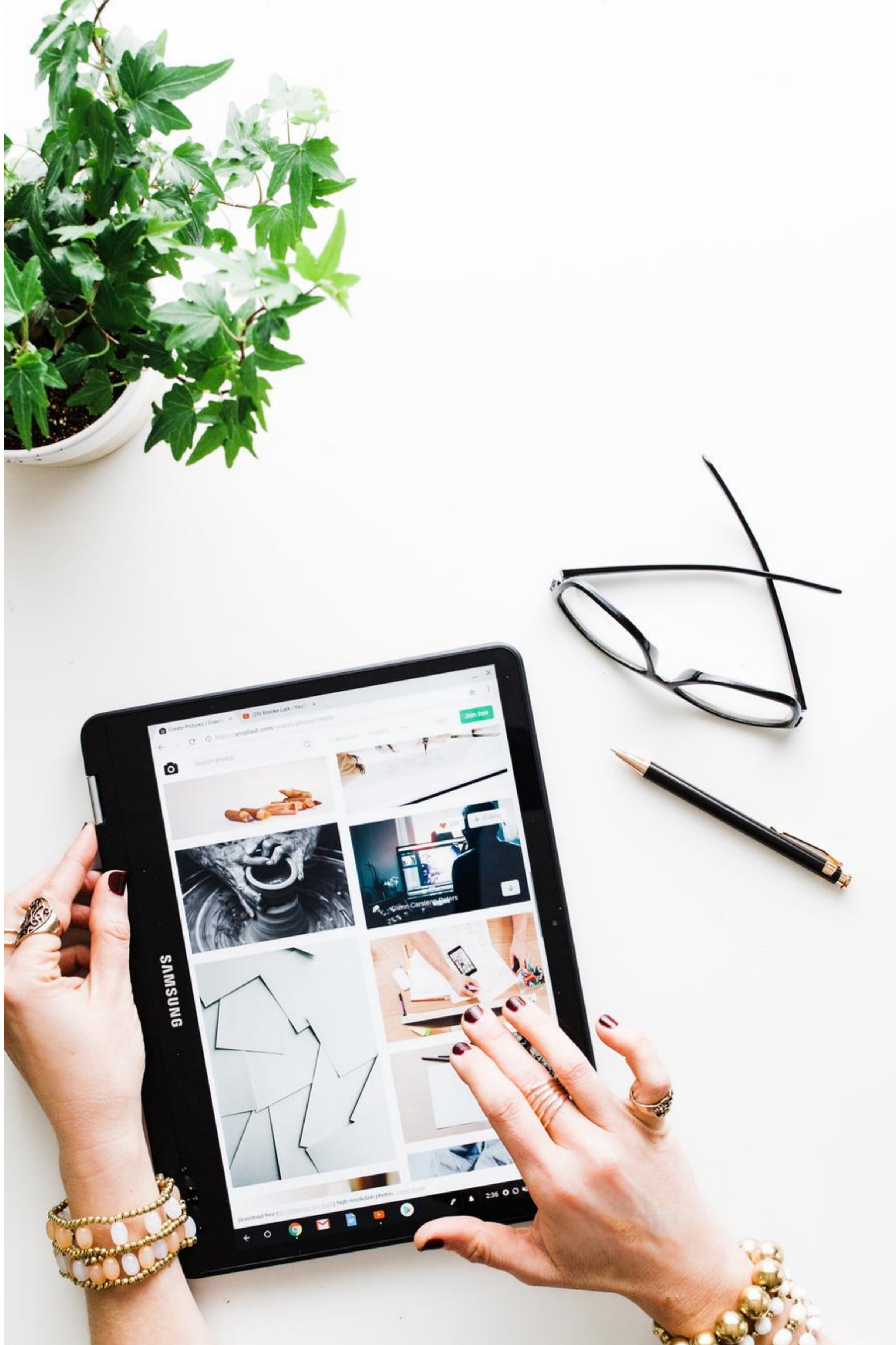
How can you encourage that?

By giving opportunities for them to develop and thrive in that skill, even before it's a polished skill. If you don't have ideas for them, ask them if they have ideas, then pick one and let them run with it! Give them room to dream to create and build. Connect them with a mentor or resources that will equip them if you aren't particularly passionate or have experience in their skill set.

Alli Worthington shares this thought "Easy ways to support a friend:

1. Follow, comment, & like their social media.
2. Share about their role or business (invite them or refer them to use their gifts/skill set.)
3. Don't ask them for a discount. Pay the full price.
4. Encourage them, what they are doing is hard!"

Can you take these words and change them for your particular situation?
Who can you cheer on?



Photography by Brook Lark

"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you."
Philippians 4:8-9

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