

PARALLEL LEADERS

O27: TANISHA STROMBERG HOW TO KEEP GOING WHEN THE GOING GETS TOUGH: INSIGHTS ON RESILIENCE IN YOUR ORGANIZATION

Resilience is the capacity to recover quickly from difficulties, the ability to bounce back from adversity, and the toughness to withstand life's challenges. It's able to change direction when things don't go as planned and recognizing that not all stress is bad, and not everything that's hard is terrible.

Here are 11 tips to staying resilience when the going gets tough.

1. **Keep the mission in mind.**

As a church, our mission starts with embracing the great commission, recognizing its significance and importance. However, to stay resilient, it's not just about what we do; it's about how we think, aligning our thoughts and actions with the purpose that fuels our journey.

Losing sight of our purpose can rapidly erode our drive. That's why it's crucial to stay connected to the core purpose. Our unwavering dedication fuels our ability to endure and thrive.

2. **Know your three up.**

In challenging moments, it's crucial to have someone by your side. This person should align with your marriage/family goals and life's calling. It's easy to find people online who agree with us or friends who validate our frustrations and suggest quitting or shifting priorities. However, that's not what we truly need. We require individuals who will challenge, hold us accountable, and inspire us to reach higher standards.

If you haven't already, consider inviting these individuals into your conversations and ask them to take on the role of a supportive challenger, holding you to higher levels and encouraging growth.

3. Know your personal why.

Who are you doing this for? It's essential to clarify your motivation. You can't do it solely for the praises or affirmations of others. If your drive relies on external validation, you'll constantly second-guess yourself.

Instead, delve deeper into your personal "why." Who or what is our driving force? This goes beyond the general command of the great commission. Who would you genuinely love to see become a disciple? Whose faith growth would bring you immense joy? Uncovering your personal who-why provides a powerful source of motivation and purpose.

4. Know which balls are rubber and which balls are glass.

Attempting to tackle everything simultaneously is impossible. Something will inevitably slip through the cracks. However, dropping the wrong things can have significant consequences.

Identify the rubber balls in your life—areas where you can afford to let go permanently or temporarily without causing harm. Conversely, recognize the glass balls that require delicate handling and cannot be dropped without consequences. Be proactive instead of reactive, decide what you can let go of temporarily in your current season, and communicate up front with those affected.

Remember, not everything holds equal importance. By embracing intentional rhythms, we can effectively manage priorities and navigate the dynamic demands of life.

5. Keep the water hot.

Amidst relentless challenges and setbacks, it's easy to allow contempt to slip in, silently judging and questioning our responsibilities and the actions of others. These dishonouring thoughts undermine our teams, leaders, and calling. Unchecked dishonour leads to division, ultimately eroding resilience.

Imagine a bathtub where the water cools over time. Similarly, losing sight of the privilege of teamwork chills the atmosphere. We must prioritize honour to counter this. We must proactively keep the water hot by embracing the necessary changes to combat contempt, dishonour, and division.

6. Learn to discern what is life and what is a season.

We often fall into the trap of viewing challenging situations as temporary seasons rather than the inherent reality of our calling. Ministry entails continuous

demands, such as handling messy situations, encountering insensitive remarks, and solving problems. We shouldn't delude ourselves into thinking that it will magically get easier in a few months. Instead, let's adopt a healthy mindset and establish sustainable rhythms. Let's prioritize joy and well-being in the midst of our ongoing journey rather than postponing them for an elusive future.

7. Don't let seasons go on forever.

It's crucial to keep seasons from extending indefinitely. If something is meant to be a season, honour its intended duration. Avoid burdening your family, for instance, with an ongoing season that should have a defined endpoint. While it's understandable to put in extra effort during intense periods like project deadlines or holiday preparations, such as Easter or Mother's Day, it's essential to recognize appropriate timing. For example, June, July, and August should be reserved for refuelling, spending quality time with family, and creating cherished memories. Let's ensure that what should be temporary remains as seasons and doesn't spill over into other periods of our lives.

8. Learn from giraffe's.

With their long necks and towering height, giraffes possess a high perspective. They observe, feed, and engage from above, only descending to drink water before returning to their elevated vantage point. And when giraffes consume nourishing food, they excrete life-giving substances.

In ministry, it's crucial to cultivate a similar mindset. Seek to think from a higher perspective. Surround yourself with peers and mentors who understand the demands and challenges you face. Engage in conversations that elevate your thinking and encourage growth.

By embracing positivity and enriching experiences, you become a source of goodness and inspiration to others. So, let's adopt the giraffe's perspective, absorb the good, and generate transformative impact.

9. Fight for:

A. Fun / time outside of your current pressures.

B. Growth spiritually.

Make sure you're worshiping the caller, not the calling.

C. And all your other 5F's.

Fitness, Family, Finances.

10. Be self-aware.

Emotions are good, but leading from emotions isn't usually wise.

11. Give yourself a tangible reminder.

Pre-determine your core beliefs and affirmations to empower yourself when faced with pressure. Make them visual to reinforce your purpose and serve as a constant reminder. For example, Sticky notes strategically placed around your home or workplace, embracing new "I am" statements repeating them during challenging times, and keeping a photo trophy case of "wins" on your phone.



RESOURCES + LINKS

- [Podcast: Parallel Leaders Ep. 25 - The Power of Resilience: 10 Key Traits and Habits to a Strong Mindset](#)
- [Podcast: Parallel Leaders Ep. 26 - The Art of Resilience for Team: How to Create a Team That Can Overcome Any Challenge](#)

DISCUSSION QUESTIONS + ACTION STEPS

1

What tangible reminders or practices could you implement in your own life to foster resilience and maintain a high perspective in your leadership journey?

2

Consider the impact of surrounding yourself with a supportive community of leaders who understand and share similar experiences. Who do you have in these roles? Do they still fit your current growth goals? If not, how can you proactively seek out and cultivate relationships with individuals who can provide guidance, accountability, and encouragement in your leadership journey?

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