



2011 National Church Life Survey

Leaders

Profile

National Church Life Survey 2011

Region of Southlands

Leader wellbeing foundations and engagement

Helping leaders thrive not just survive

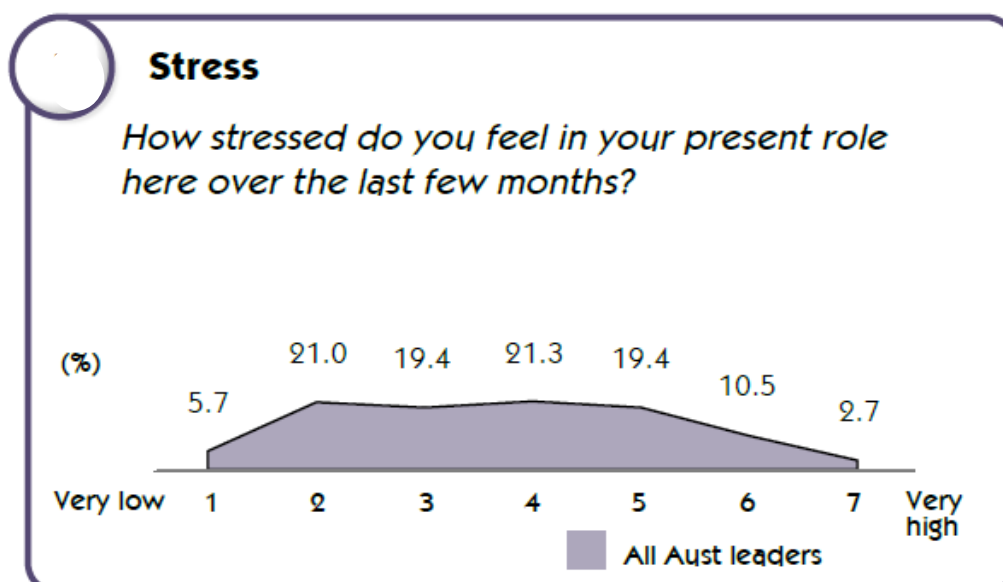
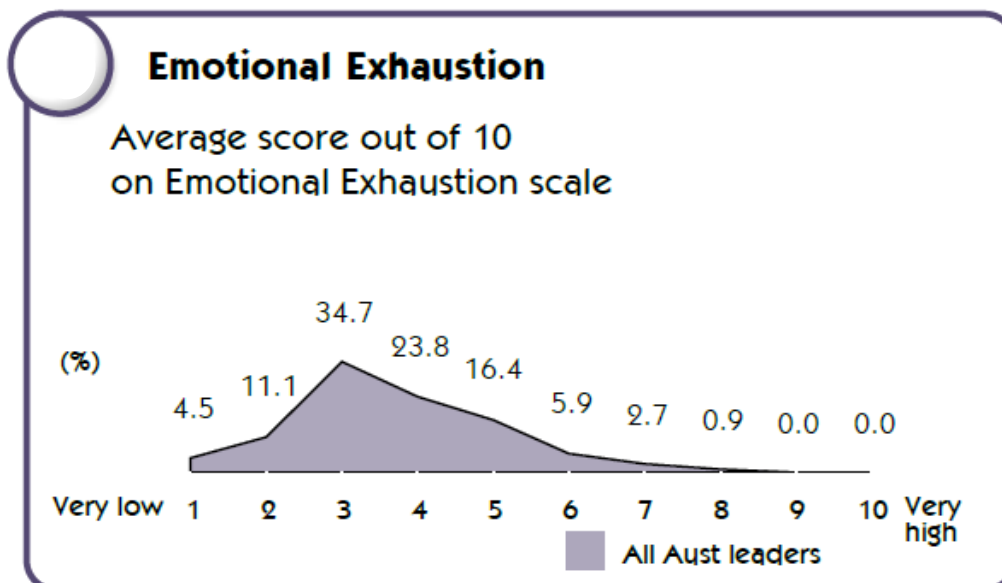
Current status of leaders- Surviving

(status? condition? vitality? constitution?)

Emotional Exhaustion

intro text

Leadership is not stress-free. This stress can sometimes lead to burnout or emotional exhaustion - which can have physical, emotional and spiritual consequences.



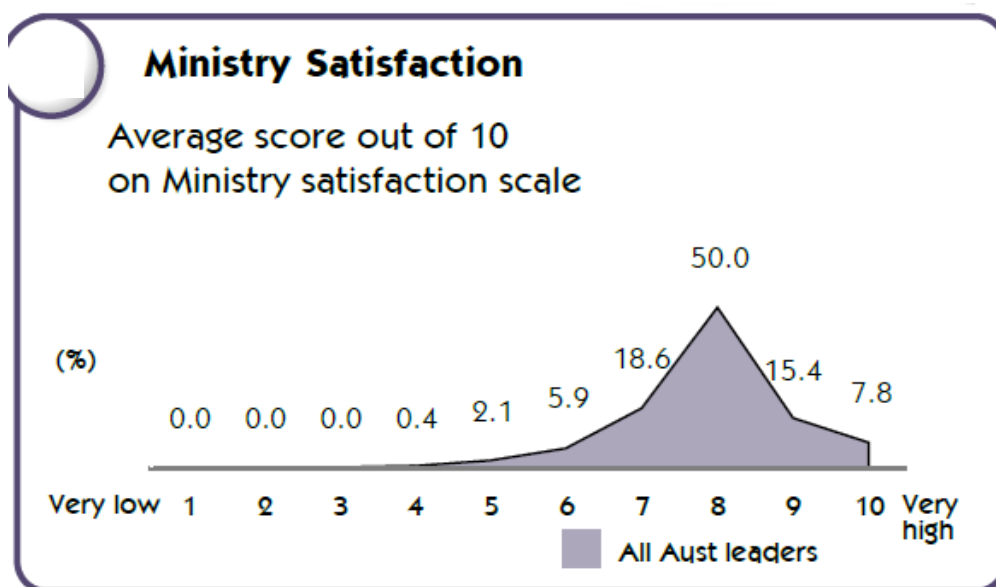
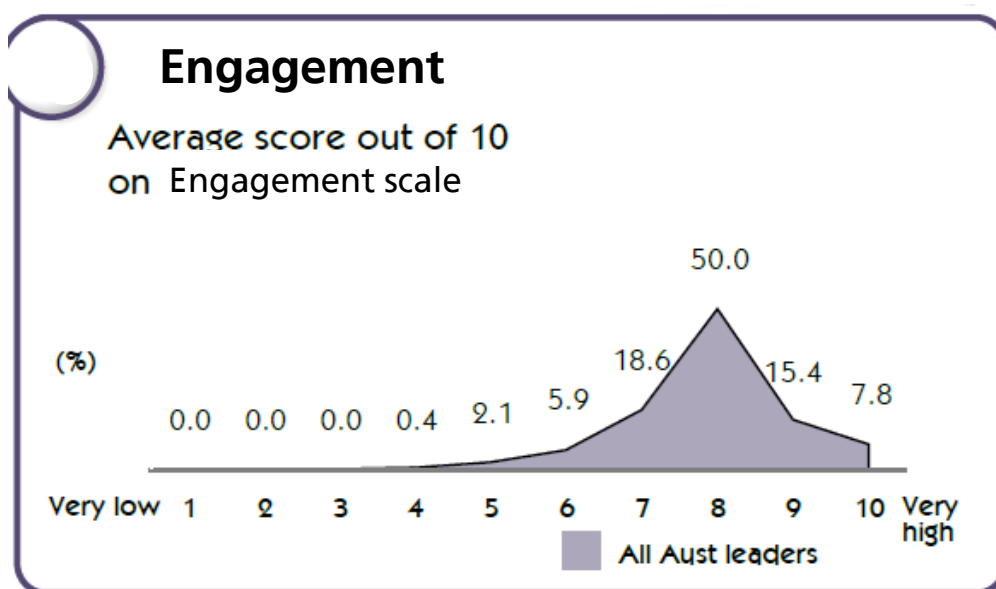
Current status of leaders- Thriving

(status? condition? vitality? constitution?)

Satisfaction and engagement

intro text

NCLS research shows that over 90% of church leaders have a strong sense of call to their roles. They have high levels of work satisfaction, like other caring professions.



Leaders status- Contributing Factors

(status? condition? vitality?)

Foundations

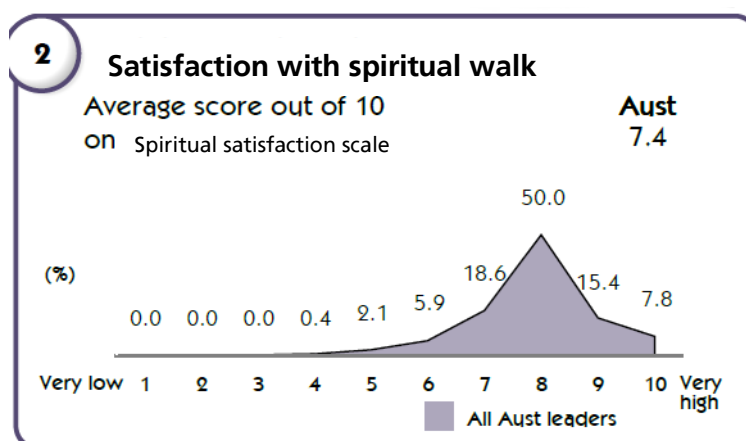
Building foundations that sustain effectiveness over time are important to not only surviving but thriving in leadership.

NCLS findings point to **six personal foundations**, important in sustaining leaders over the long haul. Our personal foundations are the pillars that we build our lives upon. They influence who we are, how we conduct ourselves, our values and priorities in life. The deeper they are, the more our leadership will be sustained and effective.



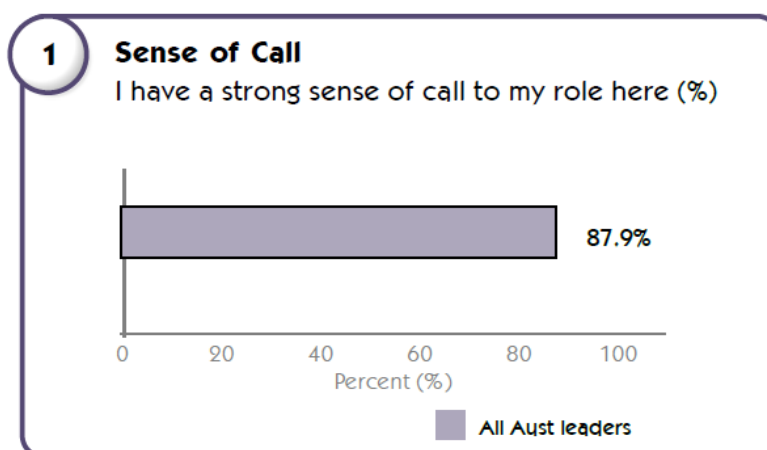
1. SPIRITUAL FOUNDATIONS

A leader's spiritual foundations help them to know their identity in God, understand their place in the world, provide a solid base and give them the strength to keep going.



2. CLARITY OF PURPOSE

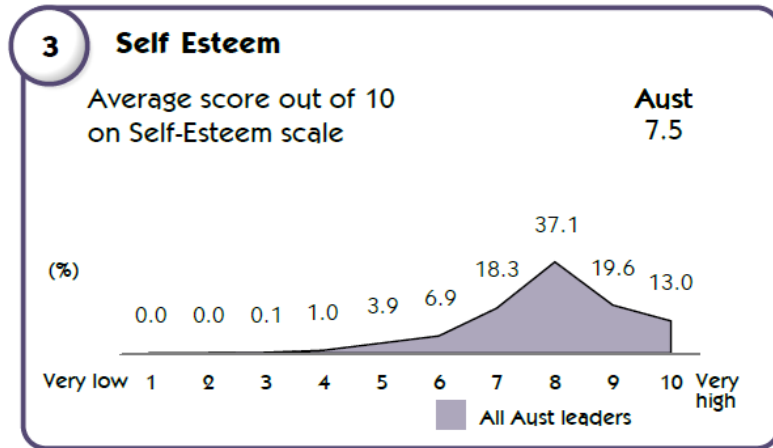
A clear sense of purpose matters for a leader's well-being, life satisfaction and self-esteem.



Foundations

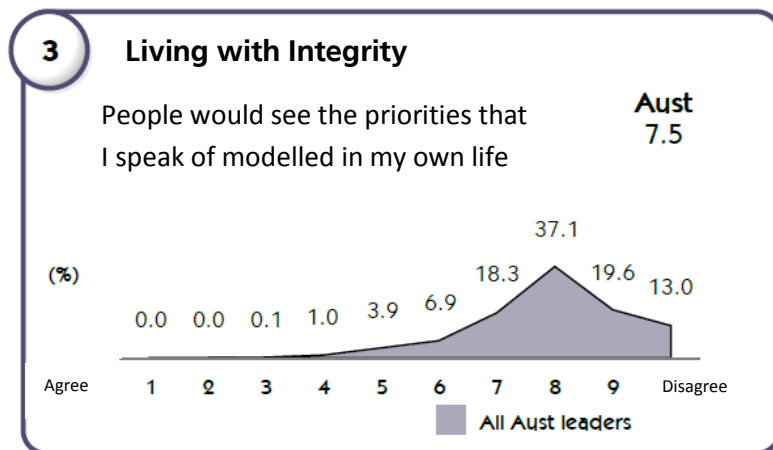
3. SENSE OF SELF

Effective and sustainable leadership requires self-knowledge. Leaders need to know their strengths and motivations well.



4. INTEGRITY

Living an authentic life with integrity is an important foundation for effective leadership. Leaders need to model the values we believe are important.

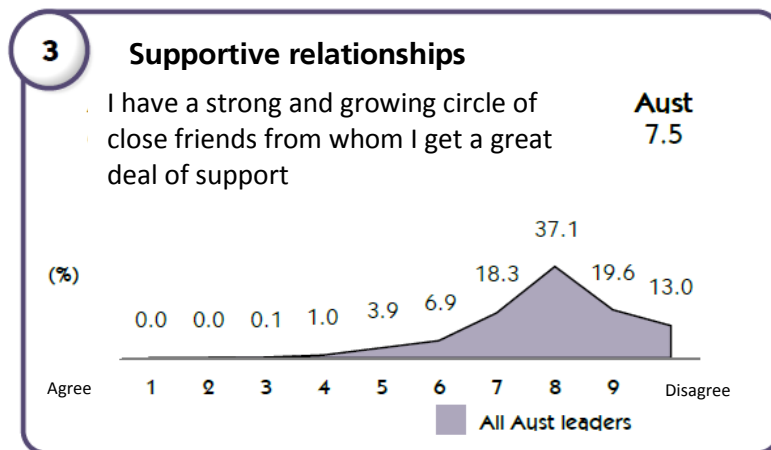


Foundations



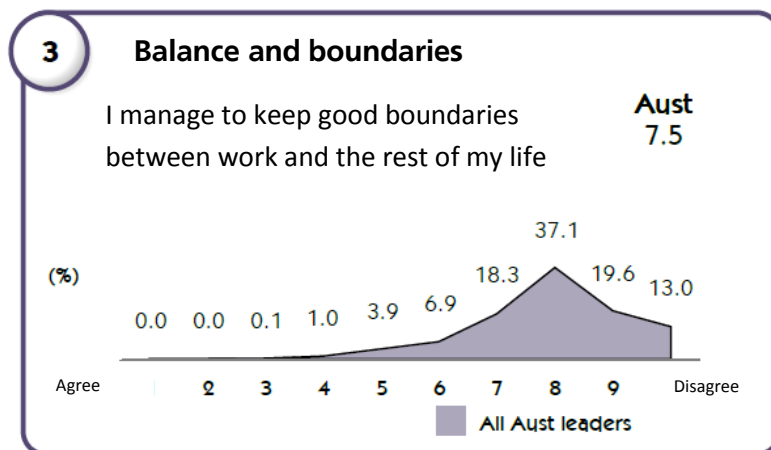
5. SUPPORTIVE RELATIONSHIPS

Strong supportive relationships, at work and in life are critical to maintaining effective and sustainable leadership and personal well-being.



6. BALANCE AND BOUNDARIES

Sustainable leadership requires setting careful boundaries between work & the rest of life.



References

1. **Sense of Call Indicator:** NCLS Research, (2009), 2006 NCLS Leaders Survey.
2. **Ministry Satisfaction Scale:** (SIMS) Francis, L.J., Kaldor, P., Robbins, M., and Castle, K. (2004) *Happy but Exhausted? Assessing Two dimensions of work-related psychological health among the clergy in Australia, England and New Zealand* Pastoral Sciences, 24, 101-120, 2005.
3. **Rosenberg's Self-Esteem Scale:** Rosenberg, M. (1965) *Society and the Adolescent Self-Image* Princeton University Press, Princeton, New Jersey.
4. **Personal Effectiveness Indicator:** NCLS Research, (2009), 2006 NCLS Leaders Survey.
5. **Stress in Current Role Global Indicator:** NCLS Research, (2009), 2006 NCLS Leaders Survey.
6. **Physical Health Indicator:** NCLS Research, (2009), 2006 NCLS Leaders Survey.
7. **Emotional Exhaustion Scale:** (SEEM) Francis, L.J., Kaldor, P., Robbins, M., and Castle, K. (2004) *Happy but Exhausted? Assessing Two dimensions of work-related psychological health among the clergy in Australia, England and New Zealand* Pastoral Sciences, 24, 101-120, 2005.
8. **Self-Care Scale.** NCLS Research, (2009), 2006 NCLS Leaders Survey.