

BRIERCREST

LE 848 Leadership Resilience Fall & Winter 2019/20

Professor: Paul Magnus, PhD

Email: pmagnus@briercrest.ca

Phone: 306-756-3436

Course Dates: As specified in the schedule below

The course will be offered in four locations and in two parts. You will be required to attend two days in the fall term and two days in the winter term to obtain the 3 credits; all four days will run from 9am-4:30pm. Locations are interchangeable if your schedule requires that, though it is ideal to do both parts in the same location. Part one will entail two days in the fall term and part two will entail two days in the winter term as follows:

1. Saskatoon, SK. Part one September 30 & October 1/19; part two February 10 & 11/20 at Elim Church.
2. Caronport, SK. Part one October 11-12/19; part two February 28 & 29 in classroom S115.
3. Edmonton, AB. Part one October 24-25/19; part two April 2-3/20 in Hopecity Church (formerly Mill Woods Assembly).
4. Toronto, ON. Part one October 28-29/19; part two March 30-31/20 in C4 Church in Ajax.

3 Credit Hours for 4 days

COURSE DESCRIPTION

This course will examine the factors that contribute to resilience in life and leadership along with those factors that break down the high energy and resilience which is so vital to thriving in personal and organizational settings. The primary goal of the course is to address the shaping and/or reshaping of our journey in ways that promote personal and organizational resilience in all dimensions of life-holistic, physical, spiritual, emotional, mental, social, and spiritual. The course will examine the trends and realities, perspectives, environments, and conditions that contribute to both burnout and resilience. Attempts will be made for each person to define their current condition and the implications.

COURSE INTEGRATION

This course is designed to help students obtain new vision, perspectives, tools, and commitments toward a life of energetic and resilient life-long personal and corporate leadership and service in ways that contribute to helping them toward:

- Having a renewed commitment toward holistic and resilient leadership in kingdom ventures and initiatives.
- Having refocused their priorities for the development of strategic steps toward increased resilience in the intimacy and integrity of their personal relationships with Christ and others in ways that produce change to their values, habits, style and impacts in the future.
- Having reviewed the biblical and theological foundations for sharpened clarity and understanding around growing capacity for thoughtful approaches to increasing their leadership resilience and impact.

- Having observed, experienced, tested and applied new perspectives, processes, strategies and skills most useful in understanding, designing and influencing resilience in their own lives and in the lives of those they lead.

COURSE TEXTS

Required Reading

Ken Shigematsu. *God in my Everything*. Grand Rapids: Zondervan, 2014. ISBN 978-0310499251. **OR** John Ortberg. *Soul Keeping: Caring for the most important part Of You*. Grand Rapids: Zondervan, 2014. ISBN 978-0-310-27597-8.

Bradberry, Travis & Jean Greaves. *Emotional Intelligence 2.0*. San Diego: Talent Smart, 2009. ISBN 978-0- 9743206-2-5. **OR** Peter Scazzero. *The Emotionally Healthy Leader: How to Transforming Your Inner Life will transform Your church, team, and the world*. Grand Rapids: Zondervan, 2015. ISBN 978-0-310-49457-7.

Cordeiro, Wayne. *Leading on Empty: Refilling Your Tank and Renewing Your Passion*. Minneapolis: Bethany House, 2009. ISBN 978-0-7642-0646-7. **OR** Sandberg, Sheryl & Adam Grant. *Option B: Facing Adversity, Building Resilience, and Finding Joy*. New York: Albert A Knopf, 2017. ISBN 9781524732684.

Tony Schwartz. *Be Excellent at Everything: The Four Forgotten Needs that Energize Performance*. Toronto: Free Press, 2010. ISBN 978-1-4391-2766-7. **OR** Jim Loehr and Tony Schwartz. *The Power of Full Engagement: Managing Energy, Not Time Is the Key to High Performance And personal Renewal*. Toronto: Free Press, 2003. ISBN 0-7432-2674-7.

Carol Dweck: *Mindset: The New Psychology of Success. Updated Edition*. Ballantyne Books Paperback, 2016. ISBN 978-0-345-47232-8. **OR** Rasmus Hougaard & Jacqueline Carter. *One Second Ahead: Enhance Your Performance With Mindfulness*. 1st Edition. Palgrave Macmillan, 2015. ISBN 10: 9781137551900.

Vaden, Rory. *Procrastinate on Purpose: 5 Permissions to Multiply Your Time*. New York: Penguin Random House, 2015. ISBN 978-0-399-17062-1. **OR** Marilee Adams. *Change Your Questions Change Your Life: 10 Powerful Tools For Life and Work*, 2009. San Francisco: BK. ISBN 978-157675-600-3.

Suggested Preparatory Additional Reading (Optional) & Bibliography

Brown, Steve. *Leading Me*. Brechin, ON.: Castle Quay Books, 2015. ISBN 978-1-927355-68-8.

Bill Hybels. *Simplify: ten practices to unclutter your soul*. Tyndale Momentum, 2014. ISBN 978-1-4143-9122-9

Adams, Marilee. *Change Your Questions Change Your Life: 7 Powerful Tools for Life and Work*. San Francisco: Barrett-Koehler, 2004. ISBN 13-978-1-57675-241-8.

Allen, David. *Getting Things Done: The Art of Stress Free Productivity*. Toronto: Penguin Books, 2001. ISBN 978-0-14-200028-1.

- _____. *Making It all Work: Winning at the Game of Work and the business of Life*. Penguin Books, 2008. ISBN 978-0-14-311662-2.
- Anderson, Fil. *Running on Empty*. Waterbrook Press, 2004. ISBN 0-310-20930-7.
- Au, Wilkie. *The Enduring Heart: Spirituality for the Long Haul*. Novolis, 2008. ISBN 13:978-080909105243.
- Bradberry, Travis & Jean Greaves. *Emotional Intelligence 2.0*. San Diego: Talent Smart, 2009. ISBN 978-0-973206-2-5.
- Brockman, John, ED. *The Mind*. Toronto: Harper, 2011. ISBN 978-0-06-202584-5.
- Brown, Tim & Barry Katz. *Change By Design: How Design Thinking Transforms Organizations And Inspires Innovation*. New York: Harper Business, 2009. ISBN 978-0-06-177608-4.
- Burns, David. *Feeling Good: The New Mood Therapy*. Broadway, NY: New American Library, 1980. ISBN 0-451-14690-5.
- Burns, David. *The feeling Good Handbook*. New York: Penguin Books, 1990. ISBN 0-452-26174-0.
- Burke, Dale. *Take Back Your Life: 10 Choices to Give You More Time, More Energy, and Better Relationships*. Eugene, OR: Harvest House, 2007. ISBN 13:978-0-7369-1400-0.
- Burke, Dale. *How To Lead and Still Have A Life: The 8 Principles of Less is More*. Eugene, OR: Harvest House, 2004. ISBN 13-978-0-7369-1686-8.
- Butler, Gillian & Tony Hope. *Managing Your Mind: The Mental Fitness Guide*. Second Edition. New York: Oxford University Press, 2007. ISBN 978-0-19-531453-3.
- Colvin, Geoff. *The Upside of Downturn: Ten Management Strategies to Prevail in the Recession & Thrive in the Aftermath*. New York: Portfolio Penguin, 2009. ISBN 978-1-59154-296-5.
- Cordeiro, Wayne. *The Divine Mentor: Growing Your Faith as You Sit at the Feet of Your Savior*. Minneapolis: Bethany House, 2007. ISBN 13:978-0-7642-0475-3.
- Covey, Stephen R. *The Seven Habits of Highly Effective People: Powerful Lessons in Personal Change*. Toronto: Simon & Schuster, 1989. ISBN 0-671-70863-5.
- Fink, David H. *Release From Nervous Tension*. New York: Simon & Schuster, 1962.
- Hamel, Gary. *Leading The Revolution: How To Thrive in Turbulent Times by Making Innovation A Way of Life*. Toronto: Penguin Books, 2002. ISBN 0-452-28324-8.
- Hasson, Gil & Sue Hatfield. *Bounce: Use the Power of Resilience to Live the Life You Want*. Toronto: Pearson, 2009. ISBN 978-0-273-72994-5.

Hallowell, Edward. *Crazy Busy: Overstretched, Overbooked, & about to Snap*. Ballantyne Books, 2006. ISBN 0-345-48243-3.

Hughes, Richard L. & Katherine Beatty. *Becoming A Strategic Leader: Your Role In Your Organizations Enduring Success*. San Francisco: John Wiley, 2005. ISBN 0-7879-6867-6.

Jackson, Anne. *Mad Church Disease: Overcoming the Burnout Epidemic in the Church*. Grand Rapids: Zondervan, 2009. ISBN 978-0-310-28755-1.

Lencioni, Patrick. *The 3 Big Questions for A Frantic Family: A Leadership Fable*. San Francisco: Jossey Bass, 2008. ISBN 978-0-7879-9532-4.

Levinson, Harry. *Psychological Man*. Cambridge: The Levinson Institute, 1976. ISBN 0-916516-02-4.

Levinson, Harry. *The Psychology of Leadership*. Boston: Harvard Business School Press, 2006. ISBN 13: 978-1-4221-0205-3.

Loehr, Jim & Tony Schwartz. *The Power of Full Engagement: Managing Energy, Not Time, Is The Key to High Performance and Personal Renewal*. Toronto: Free Press, 2003. ISBN 0-7432-2674-7.

Lotz, Anne Graham. *Wounded by God's People*. Grand Rapids: Zondervan, 2013. ISBN 978-0-310-33832-1.

Lucado, Max. *Cure for the Common Life: Living In Your Sweet Spot*. Nashville: Thomas Nelson, 2005. ISBN 978-0-8499-9137-0.

McKee, Annie. *Resonant Leadership: Renewing Yourself and Connecting with Others*. Boston: Harvard Business School Press, 2005. ISBN 1-59139-563-1.

Martin, Roger. *The Opposable Mind: Winning Through Integrative Thinking*. Boston: Harvard Business Press, 2009. ISBN 978-1-3077-6.

Maxwell, John. *How Successful People Think*. Nashville: Centre Street, 2009. ISBN 978-1-59995-168-3.

Neck, Christopher & Charles Manz. *Mastering Self-Leadership: Empowering Yourself for Personal Excellence*. Fifth Edition. Toronto: Pearson, 2010. ISBN 10-0-13-606645-3.

O'Neill, Mary Beth. *Executive Coaching With Backbone & Heart: A Systems Approach*. San Francisco: Jossey-Bass, 2007. ISBN 978-0-7879-8639.

Palmer, Parker. *A Hidden Wholeness: The Journey Toward an Undivided Life*. San Francisco: Jossey Bass, 2004. ISBN 978-0-4704-5376-6.

Palmer, Russell. *Ultimate Leadership: Winning Execution Strategies for Your Situation*. Toronto: Pearson, 2008. ISBN 0-13-193386-8.

Quinn, Robert. *Deep Change*. San Francisco: Jossey Bass, 1996. ISBN 0-7879-0244-6.

Rath, Tom. *Fully Charged: The 3 Keys to Energizing Your Work & Life*. Missionday, 2015.

Segal, Jeanne. *The Language of Emotional Intelligence: The Five Essential Tools for Building Powerful and Effective Relationships*. Toronto: McGraw Hill, 2008. ISBN 10:0-07-1544550.

Sire, James. *Habits of the Mind: Intellectual Life as a Christian Calling*. Downers Grove: IVP, 2000. ISBN 0-8308-2273-9.

Schwartz, Tony. *Be Excellent At Everything: The Four Forgotten Needs that Energize Great Performance*. Toronto: Free Press, 2010. ISBN 978-1-4391-2766-7.

Thrall, Bill & Bruce McNicol & John Lynch. *True Faced: Trust God and Others With Who You Really Are*. Colorado Springs: Nav Press, 2004. ISBN 1-57683-693-2.

Thompson, Henry L. *The Stress Effect: Why Smart Leaders Make Dumb Decisions and what To Do About It*. San Francisco: Jossey Bass, 2010. ISBN 978-0-470-58903-8.

Wright, Susan & Carol MacKinnon. *Leadership Alchemy: The Magic of the Leader Coach*. Toronto: TCP Publications, 2003. ISBN 0-9733260-0-X.

Students are expected to refer to Briercrest Seminary's Format and Style Guides and Guide for Writing Research Papers, available as PDF documents here: <https://www.mybriercrest.ca/seminary/documents/>.

These texts are available in store and online at the Briercrest Bookstore: <http://briercrest.ca/bookstore>.

Students are responsible for course materials and communication on Canvas (<https://briercrest.instructure.com>; cf. <http://briercrest.ca/online/canvas>) and their myBriercrest.ca email account.

COURSE OUTCOMES

A. COGNITIVE

1. Each participant will become aware of the current conditions/reality, challenges, cases, and choices essential to grasp to influence and experience personal and organizational resilience.
2. Each participant will understand and acquire the central skills to assess, influence, lead and manage with and toward personal and organizational resilience.
3. Each participant will understand the patterns and processes that contribute to movement toward collapse and/or burnout and those that help move in the positive direction.
4. Each participant will master the strategies essential to overcoming presenting and real challenges to personal and organizational resilience.
5. Each participant will experience, understand, grasp, and process the factors most critical to navigating life "divided no more" through all stages and phases of the journey.
6. Each participant will understand the place and role of the spiritual disciplines, mental disciplines, emotional disciplines, and functional disciplines essential to a life journey of resilience in personal, domestic and corporate life and settings.

B. AFFECTIVE

1. Each participant will come to appreciate the benefits and the outcomes of a resilience enriched personal and organizational life.
2. Each participant will grow in appreciation of disciplines essential to personal, domestic and corporate life management to motivate them to long for, strategize and influence toward a resilience enriched journey in personal and corporate life.
3. Each participant will feel increased comfort in leading with strategic resilience generating and regenerating ways and processes.
4. Each participant will delight in their own personal growth in their insights, competencies and capacities in the management of their lives and disciples toward resilience and influencing others accordingly.
5. Each participant will feel increased comfort regarding modeling and impacting significantly enhanced levels of authentic wholeness and resilience.
6. Each participant will gain confidence in inculcating, coaching and influencing spiritual disciplines, mental disciplines, emotional disciplines and functional disciplines toward generating and regenerating a resilient journey in personal, domestic and corporate settings.

C. SKILL

1. Each participant will advance in the skills of personal and organizational resilience enhancement no matter the circumstances.
2. Each participant will advance in the skills of leading groups in a trust resilience generating and regenerating disciplines and processes.
3. Each participant will advance in the skills of influencing, designing and delivering resilience enriched relationships and organizations.
4. Each participant will gain experience in understanding, coaching, and guiding individuals and groups in exercises that promote the adoption of the disciplines essential to personal, domestic, and organizational resilience.

COURSE OUTLINE AND CONTENT

TIME	TOPIC OF DISCUSSION
1 day	Unit I: The Journey Toward Finishing With Resilience No Matter What: Being Divided No More <ol style="list-style-type: none"> A. The Journey of Resilience for this course no matter what <ul style="list-style-type: none"> - Syllabus Review - Participant Review - Resilience Level Review B. The Personal Journey of Resilience to the Finish <ul style="list-style-type: none"> - The Concept of Resilience No Matter What <ul style="list-style-type: none"> . Your Insights . Literature Insights . Resilience in Leadership . Biblical Insights - The Challenges to Resilience No Matter What <ul style="list-style-type: none"> . Current Realities according to Dale Burke and/or Gordon McDonald . Current Realities according to Wayne Cordeiro

	<ul style="list-style-type: none"> . Current Realities According to the Maranatha/Focus on the Family Studies . Current Realities According to Parker Palmer (audio and book) . Current Reality from Postmodern Ideology - The Choices Toward Resilience No Matter What <ul style="list-style-type: none"> . The Choice to Be Divided No More . The Choice to Live Divided No More . The Choice to Think Divided No More . The Choice to Serve Divided No More . The Choice to Feel Divided No More - The Cases of resilience <ul style="list-style-type: none"> . From Finishing Well . From Your Selected Assigned Readings . From Your Lives . Biblical Cases . Testimonials - The Cultivation of Resilience (Life Disciplines) <ul style="list-style-type: none"> . Your insights . Reading Insights . Biblical Insights . Introductory reflections on Disciplines and Implications C. The Corporate Journey of Resilience to The Finish <ul style="list-style-type: none"> - The Concept of Corporate Resilience No Matter What <ul style="list-style-type: none"> . Your Insights . Literature Insights . Selected Assigned Readings Insights - The Challenges to Corporate Resilience No Matter What <ul style="list-style-type: none"> . Your Insights . Literature Insights . Jim Collins Textbook Insights . Selected Readings Insights . Biblical Insights/Cases - The Choices Toward Corporate Resilience No Matter What <ul style="list-style-type: none"> . Your Insights . Jim Collins Guiding Insights . Gary Hamel insights (DVD plus) . John Kotter (<i>Accelerate</i>) . Verne Harnish and the team of Gazelles . Selected Readings Insights . Biblical Insights - The Cases of Corporate Resilience No Matter What <ul style="list-style-type: none"> . Your insights . Reflections/Implications . Selected Readings Case Indicators - The Cultivation of Corporate Disciplines Toward Resilience D. The Domestic Journey of Resilience to the Finish <ul style="list-style-type: none"> - The Concept of Domestic Resilience No Matter What
--	---

	<ul style="list-style-type: none"> - The Challenges to Domestic Resilience No Matter What - The Case of the Frantic Family - The Disciplines toward Domestic Resilience No Matter What <p>E. The Conclusions Guiding Principles From Day One</p>
3/4 day	<p>Unit II: The Mental Disciplines of A Journey Toward Resilience No Matter What: Thinking Divided No More (Integrated and Multi-Brained)</p> <p>A. The Concept of Mental Disciplines Toward Resilience</p> <ul style="list-style-type: none"> - Your insights - Literature insights - Specialist Insights - Insights around Mental disciplines in personal, domestic and corporate settings - The Concept and implications of thinking "Christianly" <p>B. The Condition/Challenge of Mental Disciplines Toward Resilience</p> <ul style="list-style-type: none"> - Biblical Insights - Theological Insights - Experiential Insights - 21st Century Priority on Mental Disciplines - Relationship Between Learning and Mental Disciplines <p>C. The Choices Toward Mental Disciplines of Resilience</p> <ul style="list-style-type: none"> - The Choice of Clarity on life and service direction - The Choice of concept of life as a journey to steward - The Choice to Think and Become what we think - The choice to Think well as a pathway to feeling well - The choice to think with the end in mind - The choice to think forward (Dweek) - The choice to Manage Thoughts (<i>Crazy Busy</i>) - The choice to Think as God thinks/Jesus thinks - The choice to think about failing forward - The choice to think toward continuous clarity - The choice to be a continuous learner/thinker - The choice to influence and model thinking what is good, beautiful...in domestic and corporate setting - The choice to continuously sharpen our life focus and direction in personal, domestic and corporate settings - The choice toward crucial conversations toward mental disciplines - The choice toward having a mental coach/advisor on retainer or on the life journey with you - The case for mindfulness by Hougaard, Carter & Coutts <p>D. The Cases/models of Mental Discipline Toward Resilience</p> <ul style="list-style-type: none"> - Biblical Cases - Selected Reading Cases - Parker Palmer story - Norm Wright story - Carol Dweek insights - Daniel Goleman insights - David Allen insights

	<ul style="list-style-type: none"> - Hallowell insights - Testimonials - Experimentation - Other <p>E. The Cultivation of Mental Disciplines Toward Resilience</p> <ul style="list-style-type: none"> - Guiding Principles - Strategies - Processes - Exercises - Experimentation <p>F. The Case for and Cultivation of Mental Disciplines in Personal, Domestic and Corporate Settings (Parker Palmer & Wright)</p> <p>G. Conclusion Thus Far</p>
<p>3/4 day</p>	<p>Unit III: The Emotional Disciplines Of A Journey Toward Resilience No Matter What: Feeling Divided No More (Multi-Dimensional Intimacy and Influence)</p> <p>A. The Concept of Emotional Intelligence/Disciplines Toward Resilience</p> <ul style="list-style-type: none"> - Your Insights - Literature Insights - Scazzero Insights Peter and/or Geri) - Selected Readings Insights - Biblical Insights/Examples - Reflections <p>B. The Challenges to Emotional Disciplines Toward Resilience</p> <ul style="list-style-type: none"> - Your insights - Literature insights - Biblical Insights (creation and onward) - Gordon McDonald Insights (Tests Men Face and Ordering our Private World) - Maranatha research Insights - Wayne Cordeiro Insights - Global Resiliency Network Insights - Insights from Sandberg & Grant <p>C. The Choices Toward Emotional Disciplines Toward Resilience</p> <ul style="list-style-type: none"> - The Choice to tend a path toward emotional disciplines - The choice to tend the path toward relational intelligence - The choice to tend the path to social intelligence - The choice to tend the path and nature of intimacy/oneness - The choice to tend the path toward thinking your way to feeling good - The choice to have an emotional coach/counselor on retainer and on the journey with you - The choice to run free of the burdens and weight of the past - The choice to tend the path toward emotionally healthy spirituality - The choice toward multi-dimensional respect - The choice to run in the circle of the few (formally and/or informally) - The choice to running with a resilient team - The choice toward personal, domestic and corporate alignment <p>D. The Cases of Emotional Disciplines Toward Resilience</p>

	<ul style="list-style-type: none"> - Bill Hybels - Finishing well Cases - Stories from "Emotionally Healthy Spirituality" - Wayne Cordeiro case/DVD - Biblical Cases - Testimonials - other <p>E. The Cultivation of Emotional Disciplines</p> <ul style="list-style-type: none"> - Insights - Language of emotional intelligence - Processes/strategies of emotional intelligence - Case Vignette work - The Circle of the Few work - Demonstration and Experimentation - Practicing the Language, Principles and Processes of emotional intelligence <p>F. The Case for and Cultivation of Emotional Disciplines in Personal, Domestic, and Corporate Settings</p> <p>G. Conclusions to Date</p>
<p>3/4 day</p>	<p>Unit IV: The Functional/Behavioral/Physical Disciplines of a Journey Toward Resilience No Matter What: Serving Divided No More (Dream & Delivery)</p> <p>A. The Concept and Dimensions of Functional Intelligence/Disciplines</p> <ul style="list-style-type: none"> - Your Insights - Literature insights - Specialist insights <ul style="list-style-type: none"> . David Allen . Belsky . John Alexander . Ted Engstrom & Mackenzie . POGAS team . Daniel Goleman . Kotter (accelerate) . Swartz & Swartz & Loehr - Insight around functional disciplines in personal, domestic and corporate settings - The concepts and implications of functioning/behaving "Christianly" <p>B. The Condition/Challenges of functional Disciplines Toward Resilience</p> <ul style="list-style-type: none"> - Biblical Insights - Theological Insights - Experiential Insights - 21st Century Priority for Functional Disciplines - Relationship Between Dreaming and Delivering - Relationship Between Dreaming and Delivery in Community <p>C. The Choices Toward Functional Disciplines</p> <ul style="list-style-type: none"> - The Choice To Shape and Steward Clarity of What Makes You Unique - The Choice to Shape and Steward Clarity of What Makes Your Service Unique

	<ul style="list-style-type: none"> - The Choice to Shape and Steward Clarity and results in your delivery - The Choice to Shape and Steward Clarity of the Circle of the Happy Few You will Run with - The choice to have a functional coach/council/board on retainer and/or on the journey with you - The choice to shape and steward a functional and corporate dream team that you will run with - The Choice to Shape and Steward Clarity of the Team you will run with - The Choice to Shape and Steward Clarity of the Teamwork that your community will run with and in - The Choice to Shape and Steward the Alignment/system for maximum team delivery throughout the entire context - The Choice to Shape and Steward the empowered path of nurture, nature, delivery, outcomes with accountability - The Choice to Bring Maximum pleasure and glory to God in answering Jesus final prayer <p>D. The Cases/models of Functional/physical Disciplines</p> <ul style="list-style-type: none"> - Biblical Cases - Selected Readings Cases - David Allen audio - Bill Hybels "Gauges" video - Barna's Team Challenge - Cladis "Trinity Theology" challenge - Other <p>E. The Cultivation of Functional Disciplines Toward Resilience</p> <ul style="list-style-type: none"> - Guiding Principles - Strategies - Processes - Exercises - Experimentation <p>F. The Case for and Cultivation of Functional Disciples in Personal, Domestic and Corporate Service</p> <p>G. Conclusions and Integration of Concepts/Principles</p>
<p>3/4 day</p>	<p>Unit V: The Spiritual Disciplines of a Journey Toward resilience No Matter What: Relating to God Divided No More</p> <p>A. The Concept of Spiritual Disciplines Toward Resilience</p> <ul style="list-style-type: none"> - Your Insights - Literature Insights - Specialist Insights (Recommended Readings) - Insights about spiritual disciplines in personal, domestic, and corporate settings - The concept and implications of relating to God or worshipping divided no more (True Faced) - The concept of "integrated soul and role" <p>B. The Condition/Challenge of Mental Disciplines Toward Resilience</p> <ul style="list-style-type: none"> - Biblical Insights - Theological Insights

	<ul style="list-style-type: none"> - Experiential Insights - 21st Century Priority on Spiritual Disciplines (Covey) - Relationship between loving, serving and worshipping our God C. The Choices Toward Spiritual Disciplines That Promote Resilience <ul style="list-style-type: none"> - The choice to gain clarity of how you best connect with and grow the connection with God - The choice to bask in the wonder of “son-ship” and adoption by the Father as a foundation for Life and Service - The choice to engage in a balanced menu of spiritual disciplines that foster continuous spiritual enrichment and vibrancy - The choice to search for and shape a set of empowering spiritual boundaries - The choice to establish scheduled personal, domestic, and corporate spiritual enrichment retreats - The choice to shape and steward a discernment path toward spiritually guided decision making - The choice to be intentional about being coached by Jesus - The choice to gain spiritual coaching/direction from a highly capable and trusted advisor that you open yourself to - The choice to keep your life open to both nurture, monitoring and accountability toward spiritual vitality and resilience D. The Cases/Models of Spiritual Disciplines Toward Resilience <ul style="list-style-type: none"> - Biblical Cases - Selected Readings/textbook readings - J. Ortberg - Craig Groeschel, <i>Soul Detox</i> insights - Testimonials (live/audio) - Barton or other audio/video - True Faced insights E. The Cultivation of Spiritual Disciplines <ul style="list-style-type: none"> - Guiding Principles - Strategies - Processes - Exercises - Experimentation F. The Case for the Cultivation of Spiritual Disciplines in Personal, Domestic, and Corporate Settings G. Concluding Integrated Principles and Guidelines on a “Rule of Life”
	TEAM PRESENTATIONS (30 minutes each depending on class size)

ASSIGNMENTS

Pre-Course Assignments:

1. Read the required textbooks as specified and where there is an either/or option you have the choice of which to read. Write a 7-10 page integrative report in which you present the primary

purpose and content, select memorable insights, apply to your life or service thoughtfully, for each selected resource and conclude the paper by comparing, contrasting, and integrating the full collection of resources and their values and usefulness. Please note that it is an integrative report that not only addresses the individual but also the collective resources. In addition to the reading report you should do all the self-tests and keep a journal regarding the results and be ready to discuss these.

OR Alternative Project

If you wish an alternative to the written work above, please be sure to do the assigned required reading and be ready to demonstrate your grasp of the readings in class dialogue. Then as an alternative to writing the book report please select a book from the suggested alternative reading list and prepare an engaging and creative class presentation on that chosen book. We will assume that you are the resident expert on the one book you select.

DUE DATE: January 14, 2020 submit by soft copy to pmagnus@briercrest.ca

***Please note that this assignment is due prior to the second part of the course in any setting and the due date allows for the paper to be read and graded before part two of the course.**

VALUE: 25%

2. Each student will be expected to do a personal case report project in which they rate themselves in terms of their current level of resiliency in general, in each dimension of their lives and then identify the implications for the immediate and for the longer-term life journey they are in. It is expected that you will shape your report carefully around your level of awareness of where you are at personally or corporately (if you choose the corporate), establish a set of guiding targets to enhance the resiliency level, establish a number of strategies for movement toward the targets and then indicate how you will track and measure progress in areas you sense need the most attention. It is expected that some of the results will surface in testimonial entries and the like throughout the course contact time. Be sure to be concrete enough that you self-identify your reliance level as a person whole and in a way that helps you be even more resilient in "the game of work and the business of life," in your spiritual dimension, physical dimension, emotional dimension and mental dimension.

Please write a report that follows the suggested outline and the project should range between 7-10 pages.

DUE DATE: September 25, 2019 (submitted as soft copy as above and also in readiness for in-class testimonials) and to be reviewed and graded before this course happens in any setting.

VALUE: 25%

During-course Assignments:

Each student will be expected to demonstrate their reading and reflection preparation before the course by their zealous engagement during the course time we have together. In particular they will need to be active in conversations related to the journal they have kept and the self-test scores throughout the readings they have done prior to class. In addition, each student will become part of a working team throughout the week. Each person will be placed strategically to ensure maximum learning, given what they self-defined in assignment #2 above. Throughout the week the team you

are part of will work on one of the primary life resilience domains: mental, emotional, functional/physical, spiritual or depending on class size we might add the social. On the last day of the course each group will make a presentation in which you show us your individual and collective resilience measurement tools, measurement results, result implications, and action plan (using the 4 disciplines of execution).

DUE DATE: Journal keeping throughout the week & submission two days after the last day of part two of the course in your chosen context.

VALUE: 25%

Post-Course Assignments:

Each participant shall prepare a carefully designed paper in which they build upon their group work and transfer the group activities, process, conclusions and implementation plans and apply all of that to their own personal lives toward short and long term life and service resilience.

OR

Each participant has the opportunity to come up with a contractual creative oral or written post course assignment that they can demonstrate would serve them better than the post course assignment described above. Such an alternative must be approved by the instructor before doing such a project.

DUE DATE: 8 weeks after the last day of part two of the course in your context.

VALUE: 25%

SEMINARY CALENDAR

Students are expected to be aware of the policies that govern course work at Briercrest Seminary, all of which are published in the current Seminary Calendar:

<https://www.briercrestseminary.ca/academics/calendar/>.

Attendance Policy

Students are expected to attend 100% of each modular for which they register. If this is impossible due to extenuating circumstances, arrangements must be made with the course professor before the first day of class. If extenuating circumstances prevent a student from attending class, a maximum of one full day of class can be foregone. If additional time is missed, the student will fail the course unless they first request to withdraw from the course or move the course to an audit.

Course Schedules

Classes begin at 9:00 a.m. on Monday morning and run a minimum of 30 hours through the course of the week. The schedule is determined by the course professor. Students should check the syllabus for specifics. When the syllabus does not state class times, students are responsible to check with the professor prior to making travel plans.

Assignment Submission

All assignments must be submitted no later than eight weeks after the last day of class as stated in the syllabus. The correct due dates will be clearly noted in the syllabus and each faculty member will state in their syllabus how assignments should be submitted. Assignments submitted within a week after the due date will be accepted with a 10 per cent penalty. For additional information refer to the late assignment policy or the extension policy in the [academic calendar](#).

Return of Graded Assignments

Professors are expected to return graded assignments within six weeks of the due date. If they fail to do so, students may submit an inquiry to the [Seminary](#). If an extension is granted, the professor is no longer obligated to meet this deadline.

Academic Honesty

Students are accountable to perform each task according to principles of academic honesty. Please refer to pages 24-25 in the [academic calendar](#) for more information.

Academic Accommodations

Any student with a disability, injury, or illness who may need academic accommodations (permanent or temporary) should discuss them with the course instructor after contacting the Director of Student Success in person (L234 in the Library), by telephone (1-306-756-3230) or by email (studentsuccesscentre@briercrest.ca). Documentation from a qualified practitioner will be required (i.e., medical doctor, psychologist, etc.).