

## Comments from past participants:

*An excellent course, excellently run – a great opportunity to gain more understanding of Family Systems Theory and of myself.*

Ali Lyon, Anglican churchwarden, St Martin-in-the-Fields, London

*Discover the theory of Family Systems and experience the practical benefit. There will be some real light bulb moments.*

Rev. Denis Smith, Anglican vicar, Berkshire

*A revelation about the impact of our personal histories on how we respond to other situations; and a great tool to begin to grow in maturity and to deal with anxiety.*

Eva Price, Baptist pastoral worker, Plaistow, London

*You will be surprised, challenged, delighted, dismayed, and above all encouraged by the insights you are offered through this course.*

Rev. Carole Elphick, URC transitional minister, Hertfordshire

*A well planned course, run in a calm, non-anxious way, enabling participants to get the most out of exploring their personal histories, to benefit their ministry now.*

Rev. Carol Wilson-Barker, Anglican vicar, Surrey

*The course provides a wonderful opportunity to find a way into understanding family systems and the rich potential it offers to anyone in Christian leadership.*

Rev. Nigel Coles, Baptist senior regional minister, Bristol

*The course gave me a chance to engage with issues of leadership in a new and personal way.*

Rev. Ian Howarth, Methodist minister, Surrey

*An excellent introduction to Bowen theory and its relevance to leadership in the church. The beginning of a journey of discovery.*

Very Rev. Chris Potter, Dean of St Asaph Cathedral, Wales

*This course genuinely helps to make me a more joyful, confident and effective leader*

Lesley Crawley, C of E, Associate Priest, Farnham, Surrey



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## Leading with Emotional Maturity: Insights from Family Systems

**16–19 April 2018**

**Felden Lodge, Hemel Hempstead, Herts**

### Led by the Bridge Builders team

This three-day training course is designed to enhance participants' capacity to offer mature leadership within their churches. It draws on the insights of Family Systems Theory developed by Murray Bowen, and is a successor to the well-received course *Church Leadership & Family Systems*, which Bridge Builders offered for several years. Christian leaders are welcome to apply, regardless of whether they have attended any previous Bridge Builders course.

#### *A way of facing challenges*

*Leading With Emotional Maturity* provides a safe forum for processing challenging situations in ministry. There is a mixture of presentation, exploration of basic concepts, facilitated small group work, and opportunities for personal reflection in the light of new learning. The input includes a filmed presentation by Edwin Friedman, an engaging speaker who pioneered the application of Family Systems Theory to church life. Group work focuses first on understanding relationships in your own family of origin, and then on relationships in your ministry context, giving participants feedback and coaching. Each day will open with prayer and worship. ***The course is intensive; significant other commitments are best avoided during the course.***

# Leading with Emotional Maturity: Insights from Family Systems

16–19 April 2018 at Felden Lodge, Hemel Hempstead, HP3 0BL

## A Way of Looking at Human Relationships

Family Systems Theory is a key element of the course content. This theory, pioneered by Dr Murray Bowen, holds that every family should be viewed as a discrete emotional unit, and that the system of relationships within a family is affected by two key factors: the level of anxiety within the system and the level of "differentiation" of family members. From these ideas, Bowen developed a framework for thinking about human relationships that has implications for all aspects of life. It has important resonances with Jesus' teaching about worry, Jesus' solid sense of who he was in relation others, and his ministry being rooted in his relationship with his Father.

The course also explores some of Edwin Friedman's ideas on the challenges facing church leaders today. Friedman's book, *Generation to Generation: Family Process in Church and Synagogue*, was the first to make Family Systems Theory accessible as a tool for understanding relationships in congregations. Its key insight is that families and congregations have much in common as relationship-systems. Friedman has pointed to a rising level of anxiety in society, and the impact it is having on families. This is likely to affect the church with increasing intensity in the years ahead. We can expect heightened pressures in congregations and increased demands upon on leaders. It is therefore vital that leaders step back occasionally from the fray and learn to manage themselves in a calmer, more intentional way.

## Presenters

The course will be led by **Liz Holdsworth** and **Sandra Cobbin**. Liz is Co-Ministry Partnership Development Officer in the Anglican Diocese of Peterborough, and belongs to the Bridge Builders Network. She is an experienced adult educator, and in her current role develops and delivers training courses with a focus on supporting lay and ordained leaders working together. Sandra is an independent trainer and consultant. She works with business and church leaders on management and leadership skills

## Meals and Accommodation

The course is residential, with accommodation provided from Monday evening to Wednesday evening, and with meals provided each day from Monday lunch time until Thursday lunch time, of breakfast, lunch and evening meal, in single room accommodation at the Felden Lodge Conference Centre, Hemel Hempstead, Herts, HP3 0BL (see [www.feldenlodge.co.uk](http://www.feldenlodge.co.uk)).

## Cost and Application

The full cost for the course is £555. *A special "early bird" discount of £50 is available if booking by 22 January 2018, giving a reduced price of £505.* If you are on a very low income, or no income, then please contact us about applying for a discount. Where necessary, precedence is given to applicants sponsored by their church or organisation, and who may use the training for its benefit, or to enhance their own ministry. A training manual is included in the fee.

**Spaces are limited to a maximum of 16 in 2018, so do apply early as this course can be over-subscribed.** To apply, please book online at:

<https://www.bbministries.org.uk/course/leading-with-emotional-maturity-3/>

The balance of the fee is due eight weeks before the start of the course (i.e. by 19 February 2018). Once accepted, the £100 deposit is a non-refundable. The full fee is owed if a place is cancelled within eight weeks of the course start date (i.e. from 19 February 2018 onwards).

## Course Schedule:

**Monday 9 October:** arrive for lunch at 12:30pm; 2:00–6:00pm; 7:30–9:00pm

**Tuesday 10 October:** 9:00am–1:00pm, 3:30–6:00pm, 7:30–9:00pm

**Wednesday 11 October:** 9:00am–6:00pm

**Thursday 12 October:** 9:00am–1:00pm; depart after lunch (2:00pm)