



DEVELOPING TRUST WITH DR. HENRY CLOUD

FAITH & PSYCHOLOGY

- Faith and spiritual growth are connected to what psychology seeks to explain because spiritual growth affects all of the areas that we struggle with.
- There is an increase from about 15% to 40% of Americans who are depressed or anxious.
- This significant increase highlights the need for holistic healing, and as Christian leaders, we don't need to be afraid of sharing the Biblical answers for these issues.

"Be a church that people can run to instead of away from." - Dr. Henry Cloud

SUPPORTING LEADERS

- Christian leaders are people who have their own wounds but are called to serve others.
- At some point, these leaders can hit a wall because the people they would go to for help or to talk to about their problems are often their employees or stakeholders.
- Here are a couple of questions you can ask yourself to see where you stand:
 1. Where do you go that is 100% confidential, without any stakeholders involved, with people who are there to help you where you're hurting, needing, or wounded?
 2. What relationship do you have in your life that is strictly one-sided, devoted to helping you in your leadership development?
 3. In the last year, have you experienced any mood problems, energy level issues, anxiety, addiction, or habit patterns that you would say have really gotten bad?
- What are the solutions for these?
 1. Have a safe place where you can be open and honest.
 2. Have relationships that are one-sided with the sole purpose of serving you.
 3. Have someone experienced help you overcome the areas you are struggling in.
- A lot of people go to school to do something and become good enough to start leading it.
- They now have two careers; one of them they were trained for and the other is leadership.

*"If you're afraid of failure or afraid of learning, you'll never feel confident.
We've got to get out there." - Dr. Henry Cloud*



DEVELOPING TRUST

- Within any issue that comes up, an internal trust issue will eventually emerge.
- There are five big factors when it comes to developing trust:
 1. Understanding: Trust develops when people feel like you understand them and believe that you know what they need.
 2. Motive: Trust develops when people know that you are for them, care about how things will affect them, and want them to win.
 3. Ability: Trust develops when people know that you are competent in your field and know what you are doing.
 4. Character: Trust develops when people know that you have a good, dependable character with morals, knowledge, self-control, perseverance, mutual affection, etc.
 5. Track Record: Trust develops when people know what has happened in your past and that it lines up with what they are looking for in the future.
- In any of these areas, know that you can “learn to learn”, grow, and develop any of them within yourself and your team!

“You can’t grow anything without trust.” - *Dr. Henry Cloud*

DISCUSSION QUESTIONS

See the last two pages for Discussion Questions that will help you and your team get the most out of this episode!

RESOURCES

- [Dr. Henry Cloud Resources](#)
- [Monthly Mentoring with Pastor Chris](#)
- [Develop Kingdom Builder / Legacy Teams](#)
- [Previous Episodes + Show Notes](#)
- [Highlands College](#)
- [Impact Leadership Conference](#)
- [Free Church Resources](#)
- [Compassion International](#)
- [The StudioC](#)
- [The Wesleyan Investment Foundation](#)



DISCUSSION QUESTIONS:

Keep growing to reach your full potential by asking yourself and your team these questions:

FAITH & PSYCHOLOGY

- 1. How does the connection between faith and psychology help us better understand and address struggles in our lives?

- 2. What does it practically mean to "be a church that people can run to instead of away from"?

SUPPORTING LEADERS

As leaders, answer the questions Dr. Cloud shared and identify your next step for achieving each:

- 1. Where do you go that is 100% confidential, without stakeholders, with people who want to help you where you're hurting, needing, or wounded? How can you create/find this place?

- 2. What relationship do you have in your life that is strictly one-sided, devoted to helping you grow in your leadership? What person or organization can you reach out to for support?

- 3. In the last year, have you experienced any mood problems, energy level issues, anxiety, addiction, or habit patterns that you would say have really gotten bad? What professional can you connect with to help you through this?





DEVELOPING TRUST

1. Review the 5 essential components of trust: Understanding, Motive, Ability, Character, and Track Record. Which one do you excel in? Which one needs the most improvement?

2. How can we shift the narrative of "cancel culture" to allow individuals to regain trust after failures and grow as leaders?

3. Since we know that we can "learn to learn" and grow, what area do you want to grow in?
