



**WIRED FOR CONNECTION**

**MCC ALBERTA  
RETREAT: REFRESH AND CONNECT**

May 2023  
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Relief, development and peace in the name of Christ

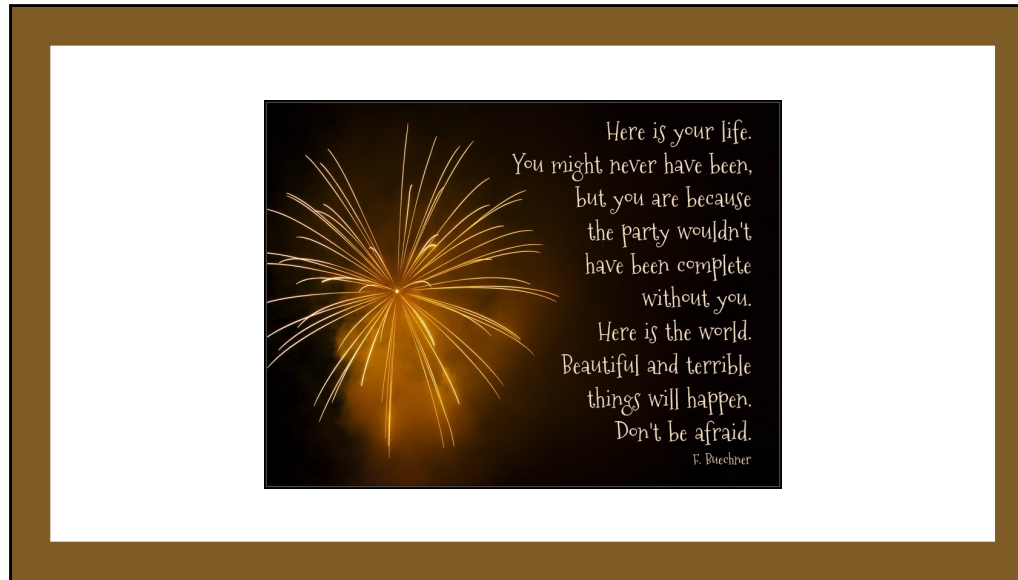
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Share

What is something that people “don’t get” about you? What is one way that others see you in a way that isn’t accurate?

When people see that, what do they miss about who you really are?

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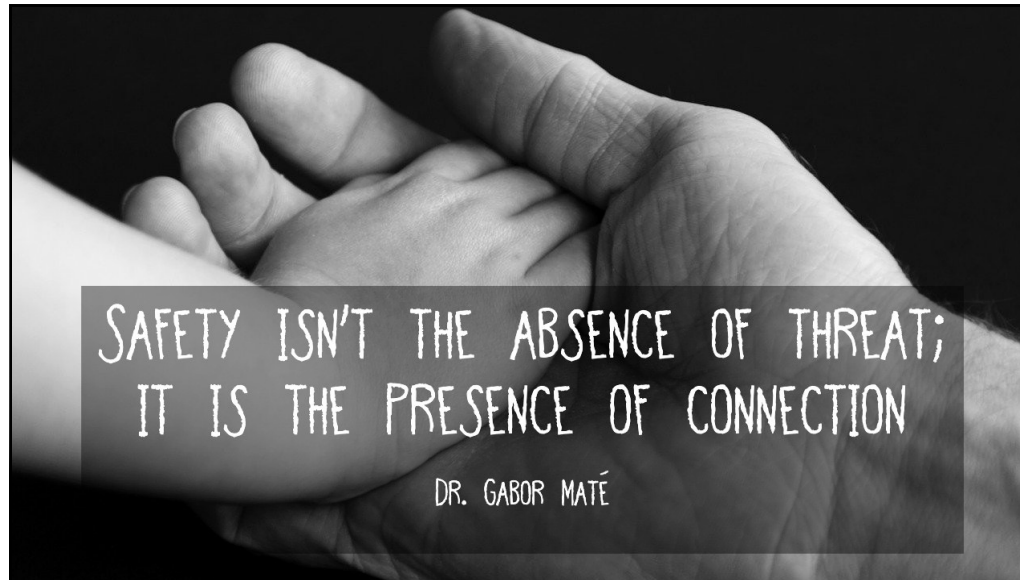
We  
don't  
have to do  
all of it alone.  
We were never  
meant to.  
Brent Brown

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<https://www.youtube.com/watch?v=qhU5JEd-XRo&list=PPSV>  
Title: One Human Family Food for all

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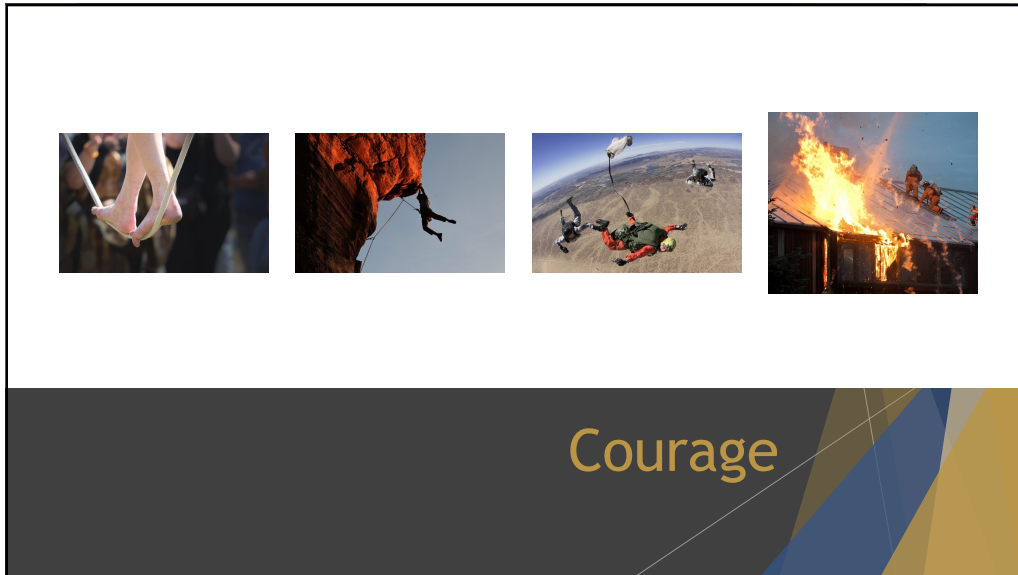
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COR= HEART

IN ONE OF ITS EARLIEST FORMS, THE WORD COURAGE MEANT  
“TO SPEAK ONE’S MIND BY TELLING ALL ONE’S HEART.”

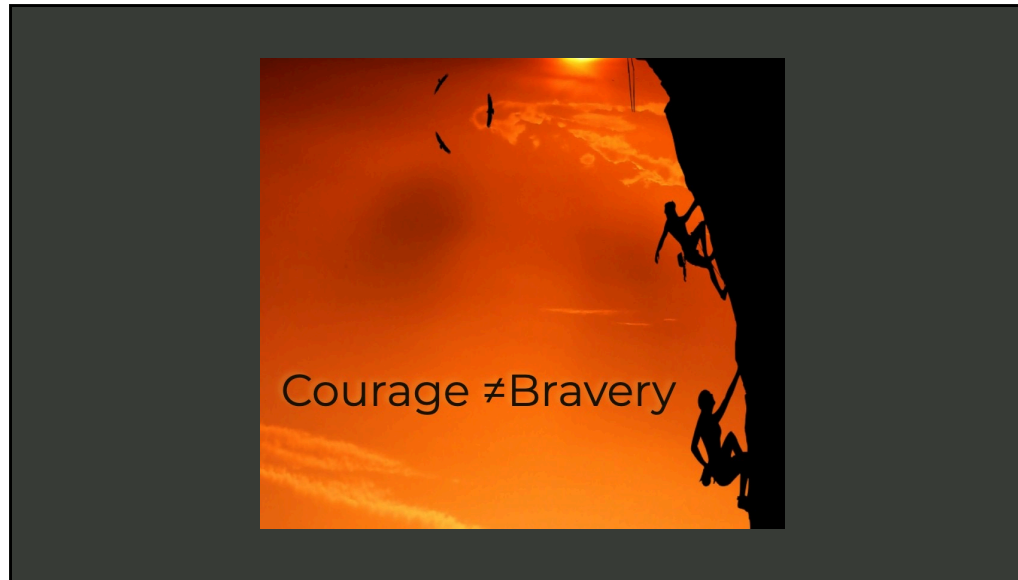
Creating a courageous space

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Bravery is  
acting without  
fear in the  
equation

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### Courage

- ▶ By definition, it involves feeling fear
- ▶ It arises out of values and beliefs—a cause
- ▶ It's a mindful choice

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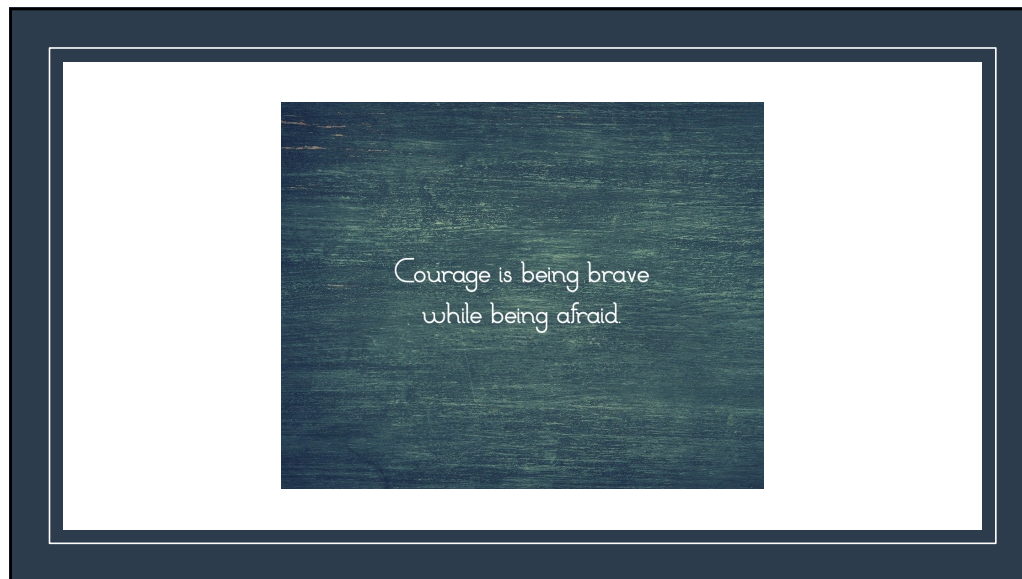
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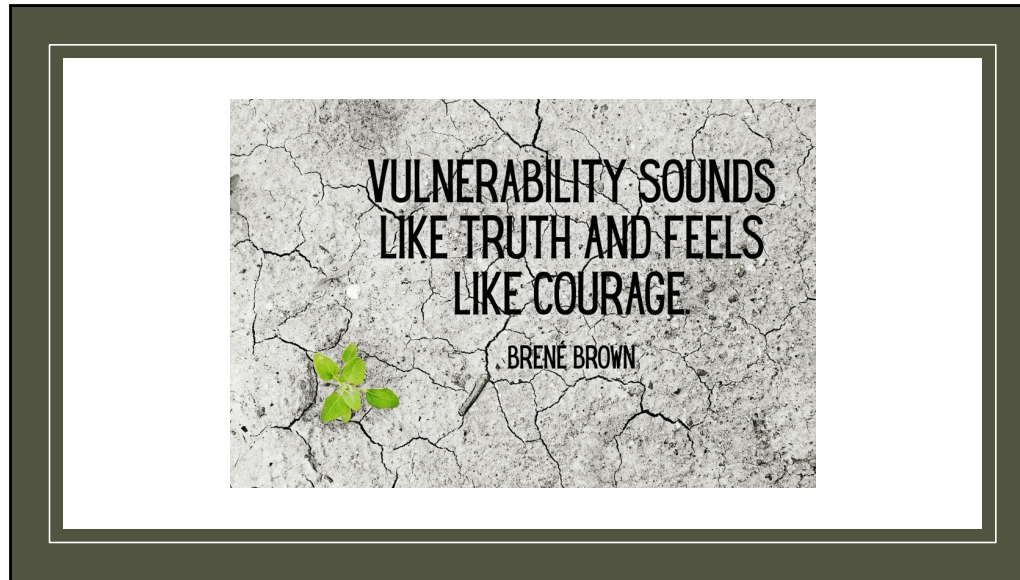
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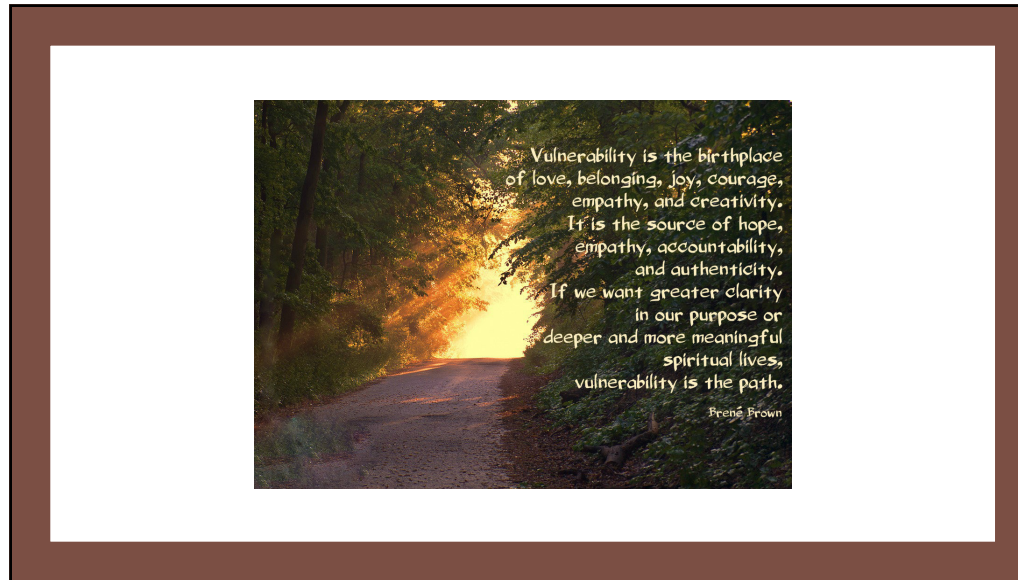
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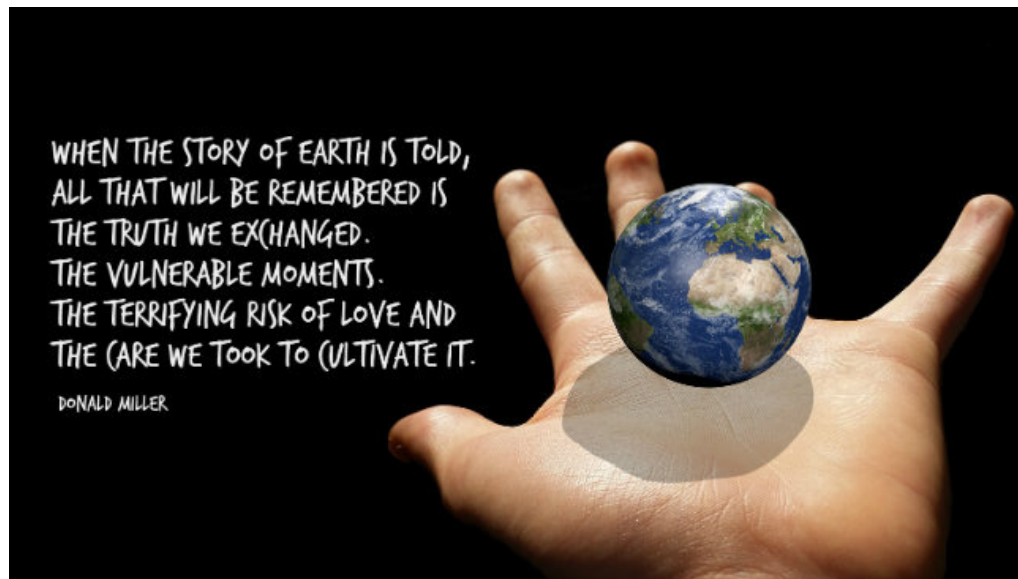
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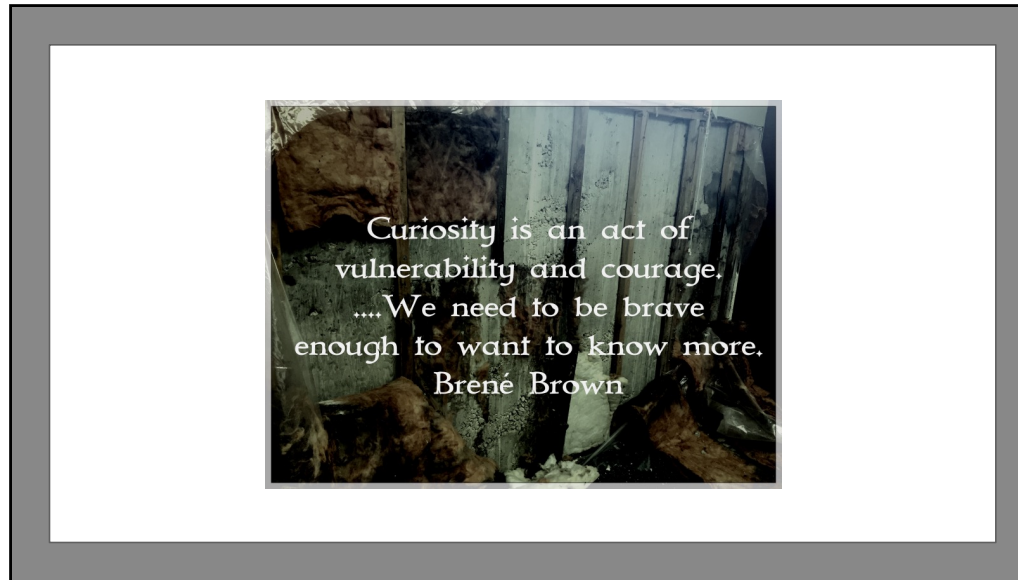
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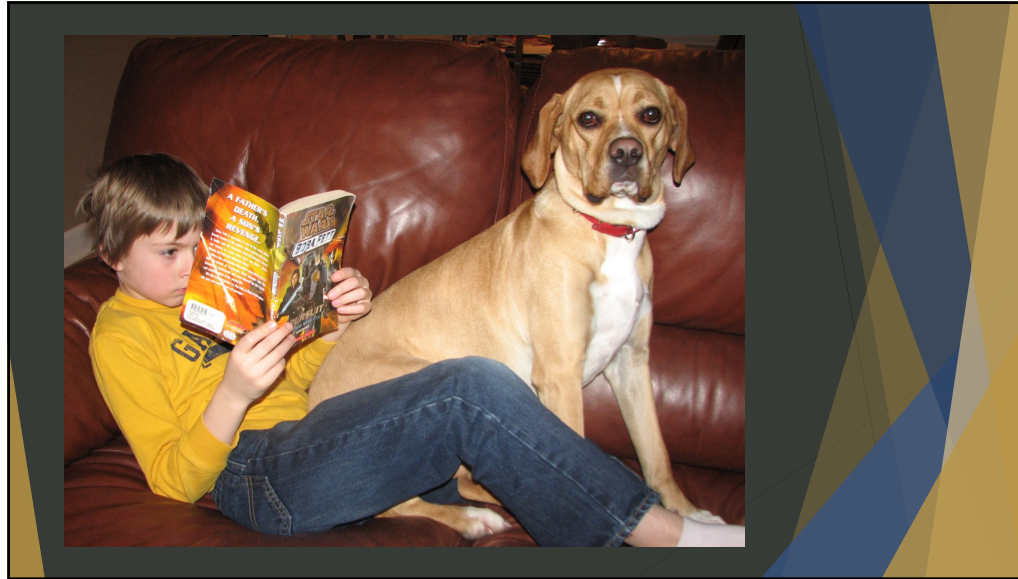
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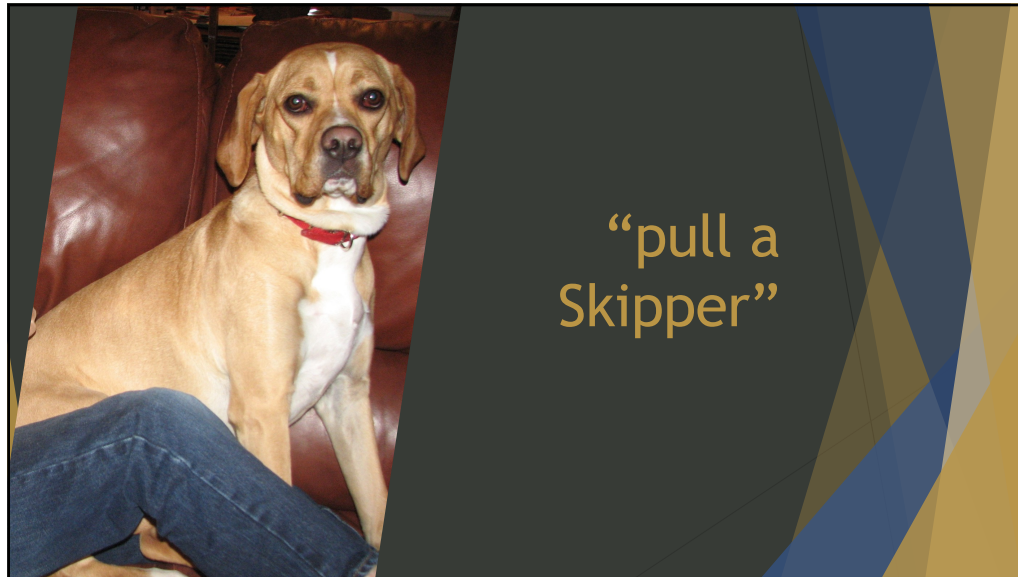
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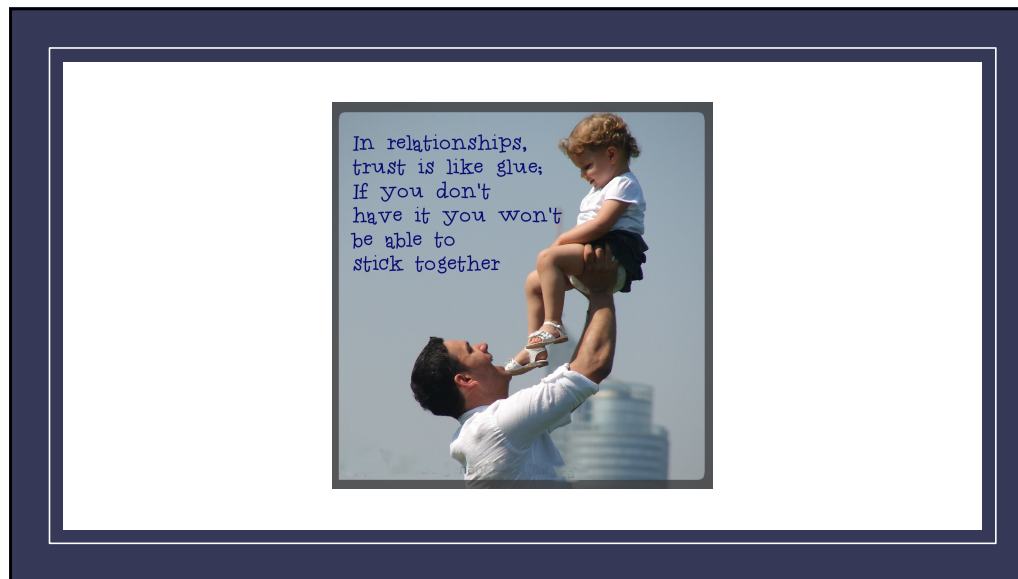
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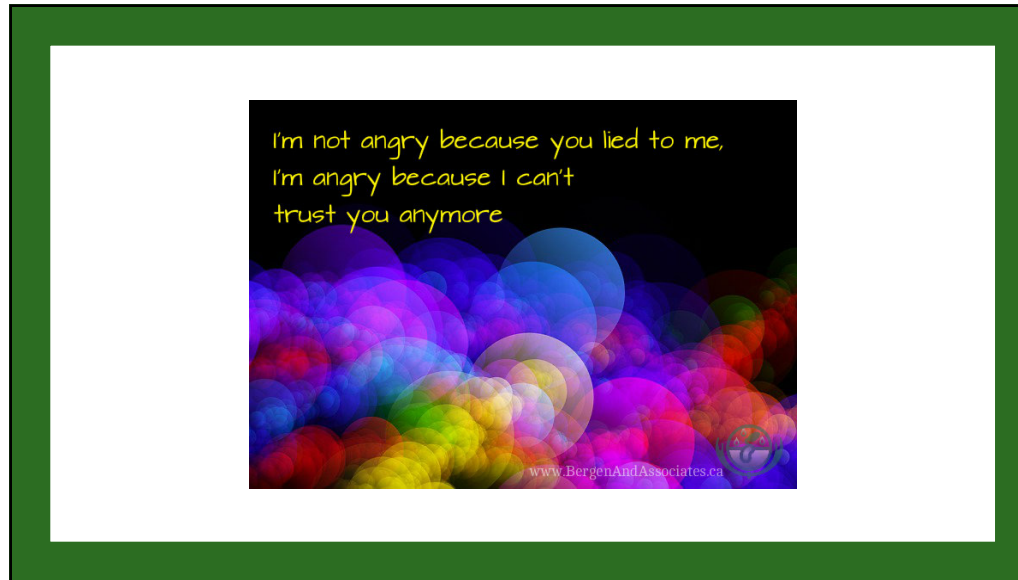
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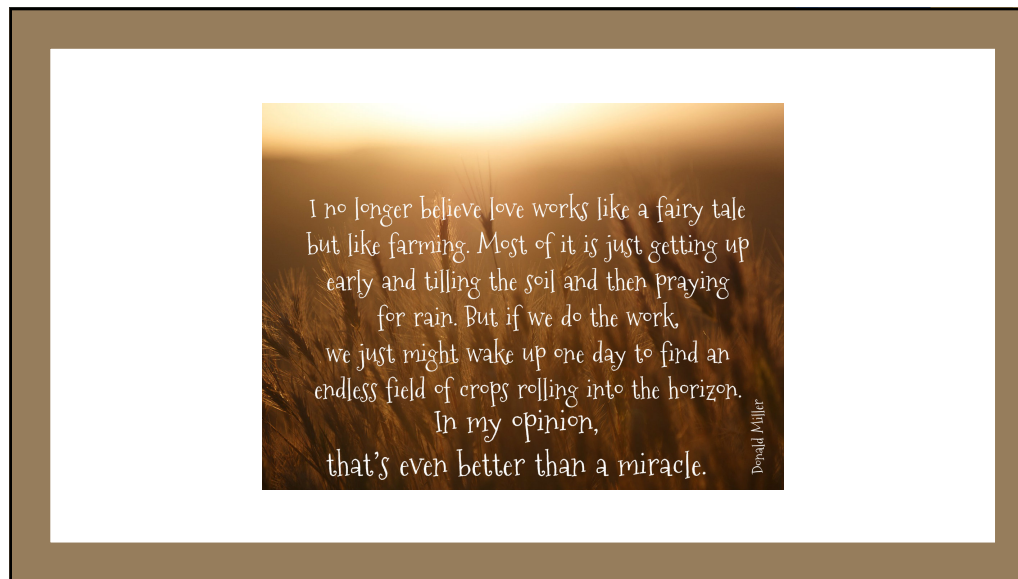
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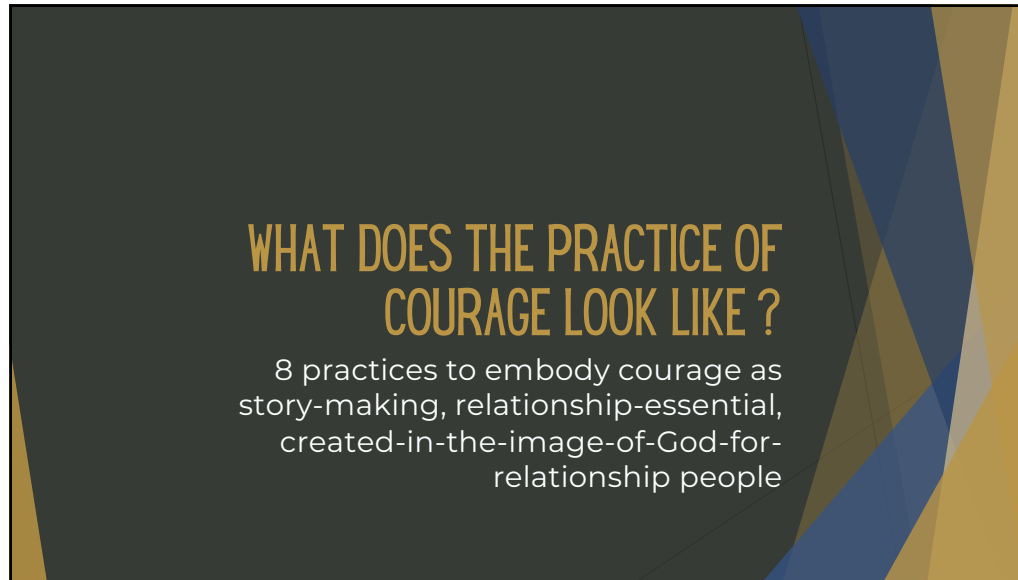


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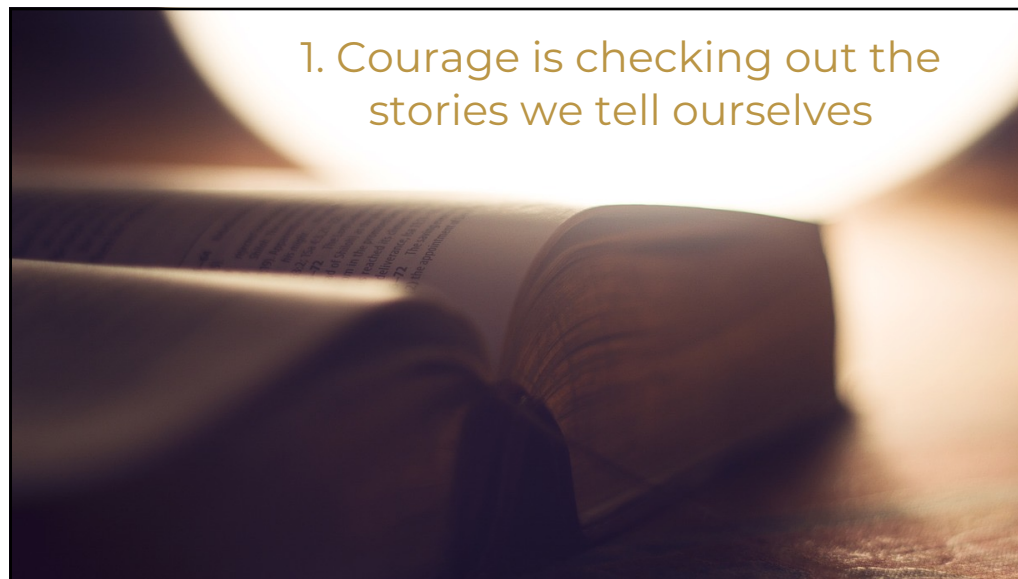


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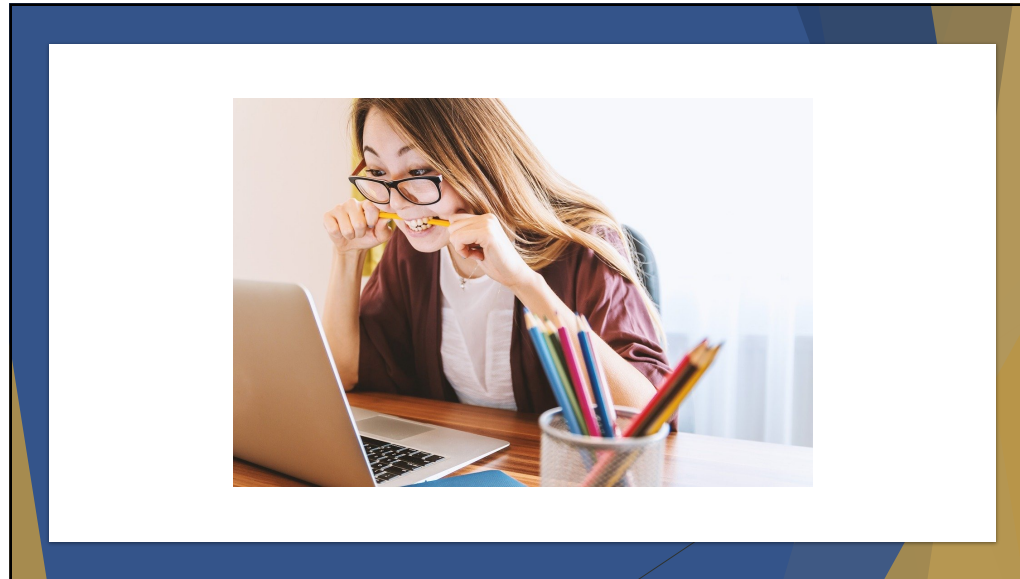




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VULNERABILITY SOUNDS LIKE TRUTH  
AND FEELS LIKE COURAGE.  
TRUTH AND COURAGE  
AREN'T ALWAYS  
COMFORTABLE,  
BUT THEY'RE  
NEVER WEAKNESS.  
BRENE BROWN

2. Courage is  
being willing to be  
vulnerable

The slide features a dark blue background with a geometric pattern of gold and white lines. On the left, there is a small rectangular image of a person in a red shirt and blue pants jumping across a gap between two rocky outcrops. To the right of this image is a quote in white, all-caps text. Further to the right, the text '2. Courage is being willing to be vulnerable' is displayed in a larger white font.

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The greatest barrier to daring leadership is not fear; the greatest barrier is armor, or how we self-protect when we're in fear.

Brené Brown

3. Courage is showing up without armor

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Ways to armor up:

- Criticism
- Judgement
- Cynicism
- Sarcasm
- Stonewalling
- Defensiveness

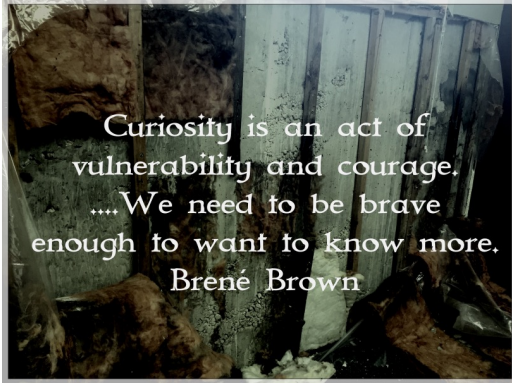
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Ways to remove the armor:

1. Curiosity
2. Operating out of your values
3. Knowing it's OK to not be OK.
4. Naming it

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Curiosity is an act of vulnerability and courage.  
.... We need to be brave enough to want to know more.  
Brené Brown

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4. Courage is recognizing that others are telling themselves stories too

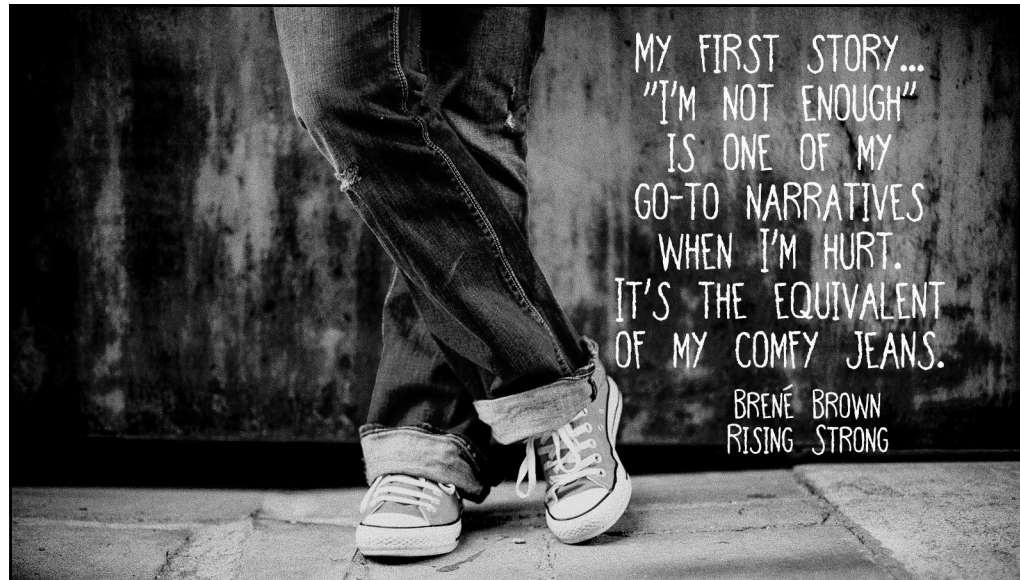
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4. Courage is recognizing that others are telling themselves stories too

Help make it harder for them to tell those stories


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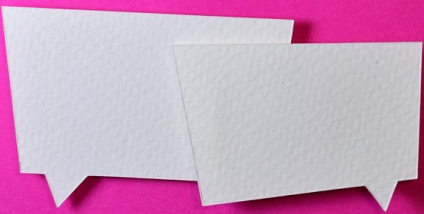
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6. Talk about how you are going to talk about it

- Prep the ground
- Plan for safety
- Anticipate problems
- Develop baseline understandings

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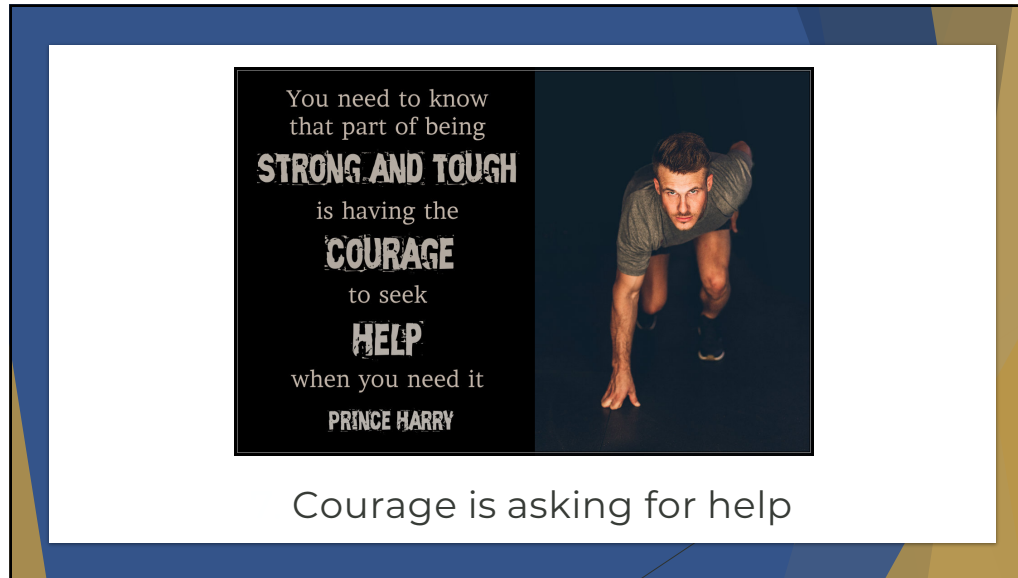


I'm gonna take a personal risk here...

I'd like to restart a conversation that went off the rails last time. I'd like it to go better this time.

If we talked about that email that bugged me last week in a way that worked for you, what would that look like?

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You need to know  
that part of being  
**STRONG AND TOUGH**  
is having the  
**COURAGE**  
to seek  
**HELP**  
when you need it  
**PRINCE HARRY**

Courage is asking for help

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Asking for help  
builds trust

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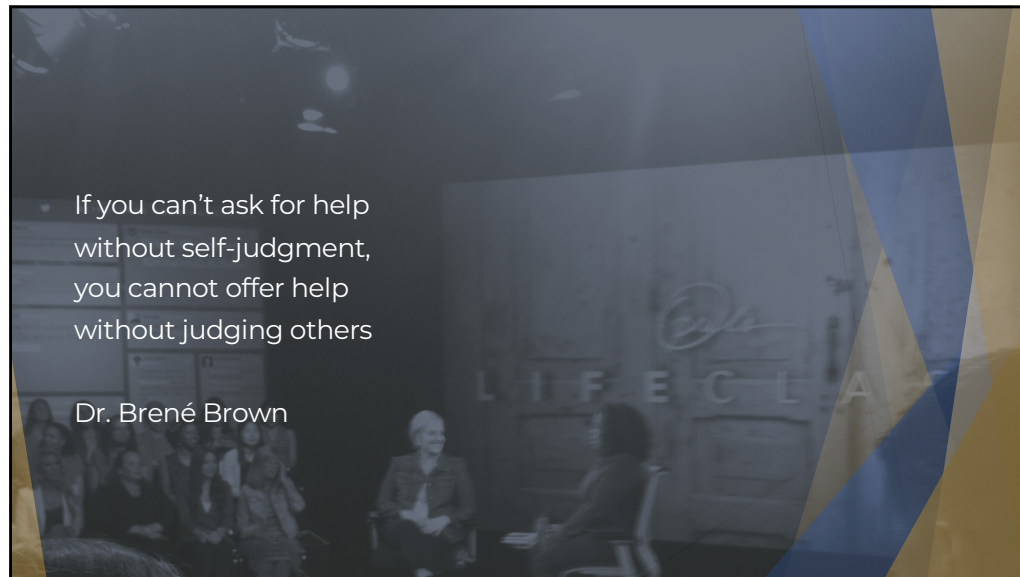
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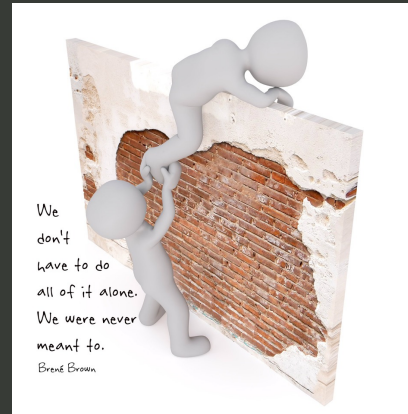


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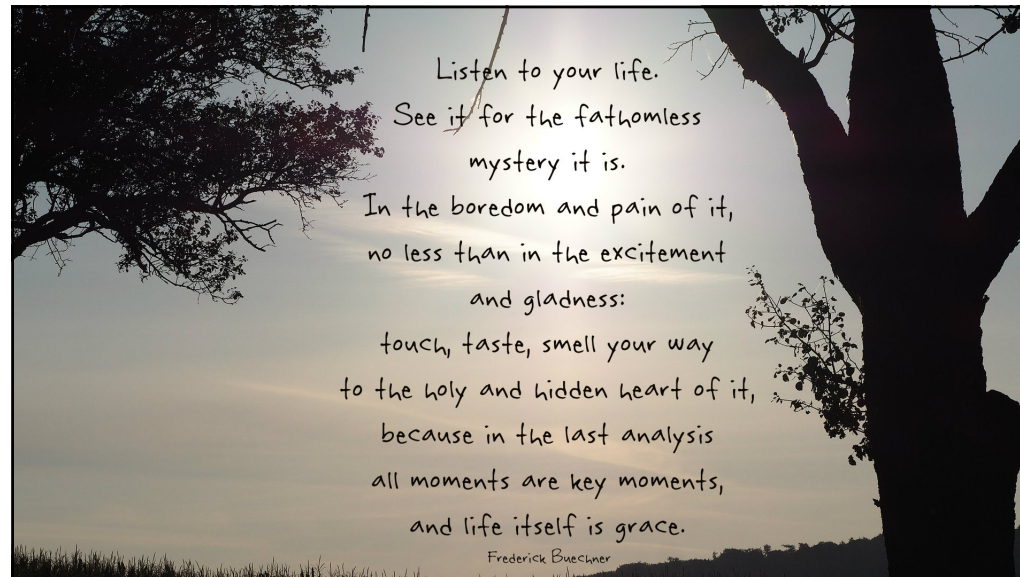


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8 Remember,  
connection is not the  
destination, it's the  
journey



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Listen...

1. One thought to ponder in the days to come
2. One conversation to have
3. One encouragement to take with you

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