



# LEADERSHIP IN LOCKDOWN (2)

## CPAS Webinar: Rhythms, Rest and Focus

June 2020

Here are links to some things that may be of interest following the webinar. Don't try and use them all, choose selectively what will be of most help or interest to you at this time.

There are (hopefully!) a whole bunch of great ideas and resources shared on the [Padlet](#) board. Do take a look as more people add to the board throughout June, and add your own ideas.

### RHYTHMS

- This pdf gives an overview of the [Five Pillar Plan](#) with suggestions for what could be done to help work on each particular column. Chatterjee suggests it is better to have one thing ticked off in each column than five in one column. You can find out more on his [website](#).
- In three short videos Danielle Strickland offers a daily way of praying around [surrender](#), [generosity](#), and [mission](#). You can find a summary PDF [here](#) and further information at [infinitumlife.com](#).
- It might be a good time to review home working practices, as we all fall into poor habits over time. This guide offers [best practice for home working](#).
- John Mark Comer's book The Ruthless Elimination of Hurry is superb (from all good booksellers). The [Unbelievable Podcast](#) has an extensive interview with him and Rachel Holmes exploring issues of busyness and healthy life rhythms.
- Looking at screens for too long can be a challenge. There are helpful Apps you can download to encourage you to take both micro breaks (ideally every 20 minutes for 20 seconds to look at something over 20 feet away) and proper breaks (every hour for five minutes of movement away from screen). If you use a Mac, try [Time Out](#); a PC [Big Stretch Reminder](#); and IOS and Android [EyeCare 20 20 20](#).

### GETTING THE MOST OUT OF A HOLIDAY IN LOCKDOWN

We asked a range of church leaders to reflect on taking [a holiday under restricted circumstances](#), and a group of people living on their own to identify particular issues they face and ideas they have come up with.

### KEEP IN TOUCH WITH YOURSELF

- We've written a [brief guide to journaling](#) which also includes John Wesley's 22 questions he asked himself on a daily basis.
- This is a helpful summary of [six things Ministers can do to THRIVE](#) during a time of pandemic.
- Psychologist Henry Cloud offers a summary of [practical things to do when handling a crisis](#) for both yourself and those you lead.

### FOCUS

- A guide to [how to stay focused](#) in your work that explores the relationship between energy, attention, time, distraction and interruption.
- Two excellent articles from the Harvard Business Review:
  - ⇒ Dina Gerdeman compiles advice on [how to beat the Corona Virus blues](#) from a wide range of research data.
  - ⇒ Boris Groysberg on [what leaders can do to beat the COVID fog](#).

### IN ADDITION

- The latest resource from Bob Jackson exploring how we engage with people online in the future, [Everybody Welcome to the Future](#).
- Two guides for holding online PCC meetings: for PCC members [Getting Ready for a Zoom PCC Meeting](#); for those chairing PCCs [How to Lead a Zoom PCC Meeting](#).



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