



The Council for Health &  
Human Service Ministries  

---

United Church of Christ

# Tackling Tough Conversations

---

Rev. Nicole Havelka, Registered Yoga Teacher

*2022 CHHSM 84th Annual Gathering: Forward Together*



# **Empowering Leaders to Thrive in Change**

**Build Foundations**  
**Preparing**  
**... for Tough Conversations**

What would make these sessions  
a big success for you?





Photo by [Joshua Abner](#) from [Pexels](#)



Purpose

Connection

Community Care

Capacity Building

Awareness of/Honesty About Power Dynamics



purpose



# Guidance

- Be fully present, extending and presuming welcome to and from others.
- Listen generously and suspend judgement about another's story. Hold stories with care and respect.
- Confidentiality. Please hold everything you hear from others in the group confidential.

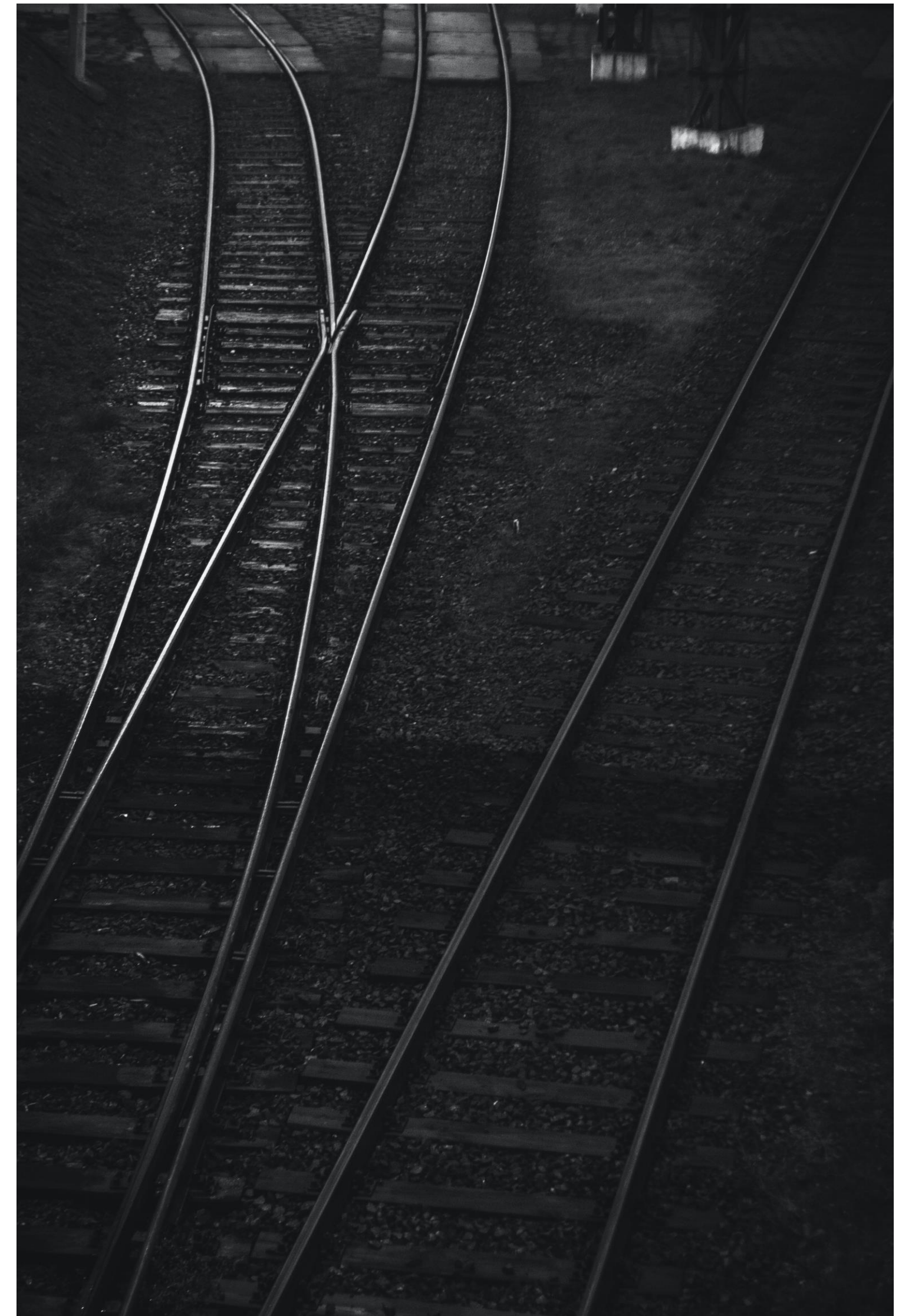


Photo by [Kaboompics .com](https://www.kaboompics.com/) from [Pexels](https://www.pexels.com/)



# Guidance

- Author your own story and share your own gifts. (Use “I statements.”)
- If your mind turns to judgement, instead turn to wonder. (i.e. ask a question)
- Share the air. Be mindful of how much you are speaking. Allow others to have the opportunity to speak.

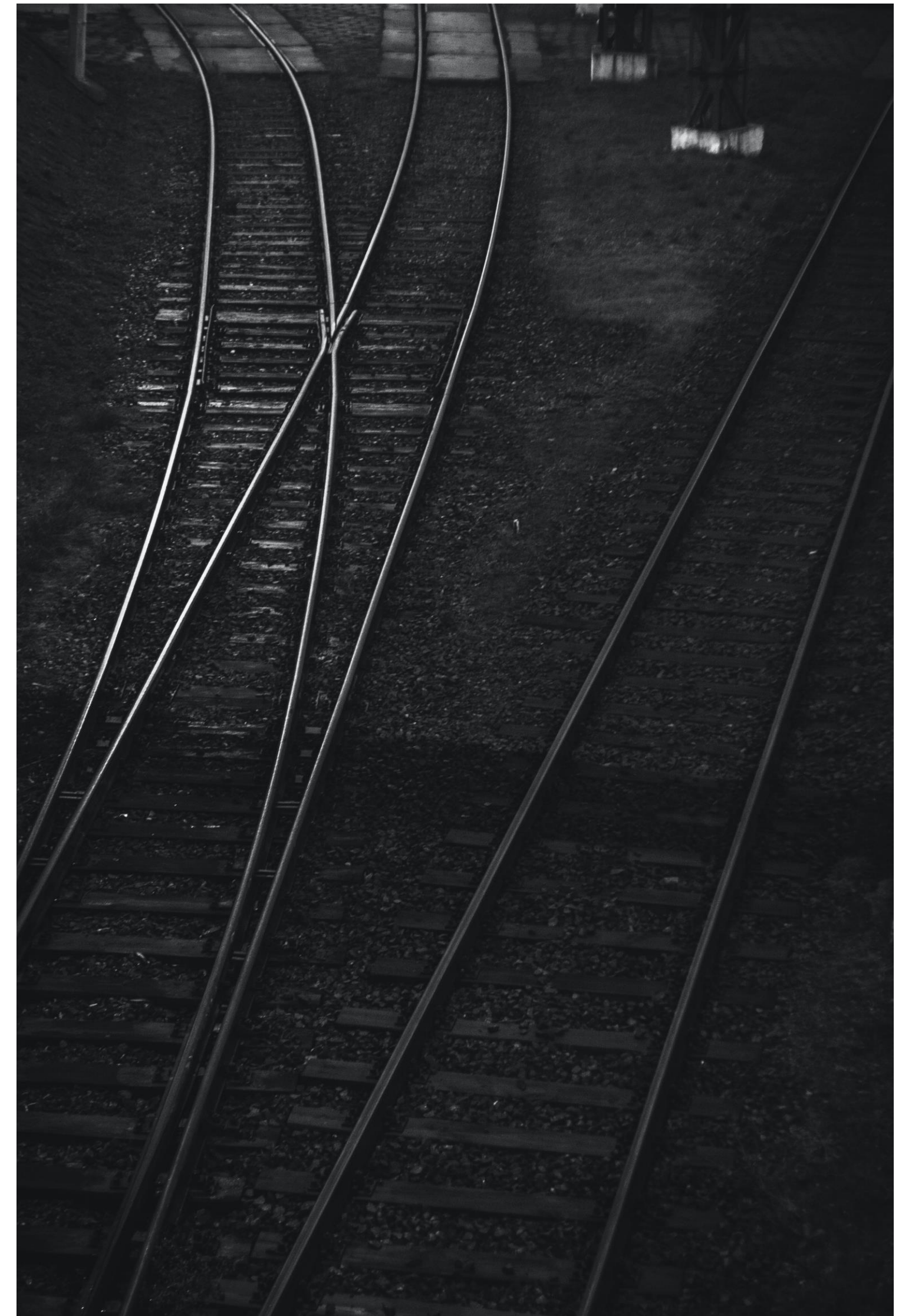


Photo by [Kaboompics .com](https://www.kaboompics.com) from [Pexels](https://www.pexels.com)



# Guidance

- Practice hospitality and inclusion, especially when diverse cultures meet.
- Believe that it is possible to emerge from our time together refreshed, surprised, and less burdened than when we came.
- Welcome discomfort. Love the questions.

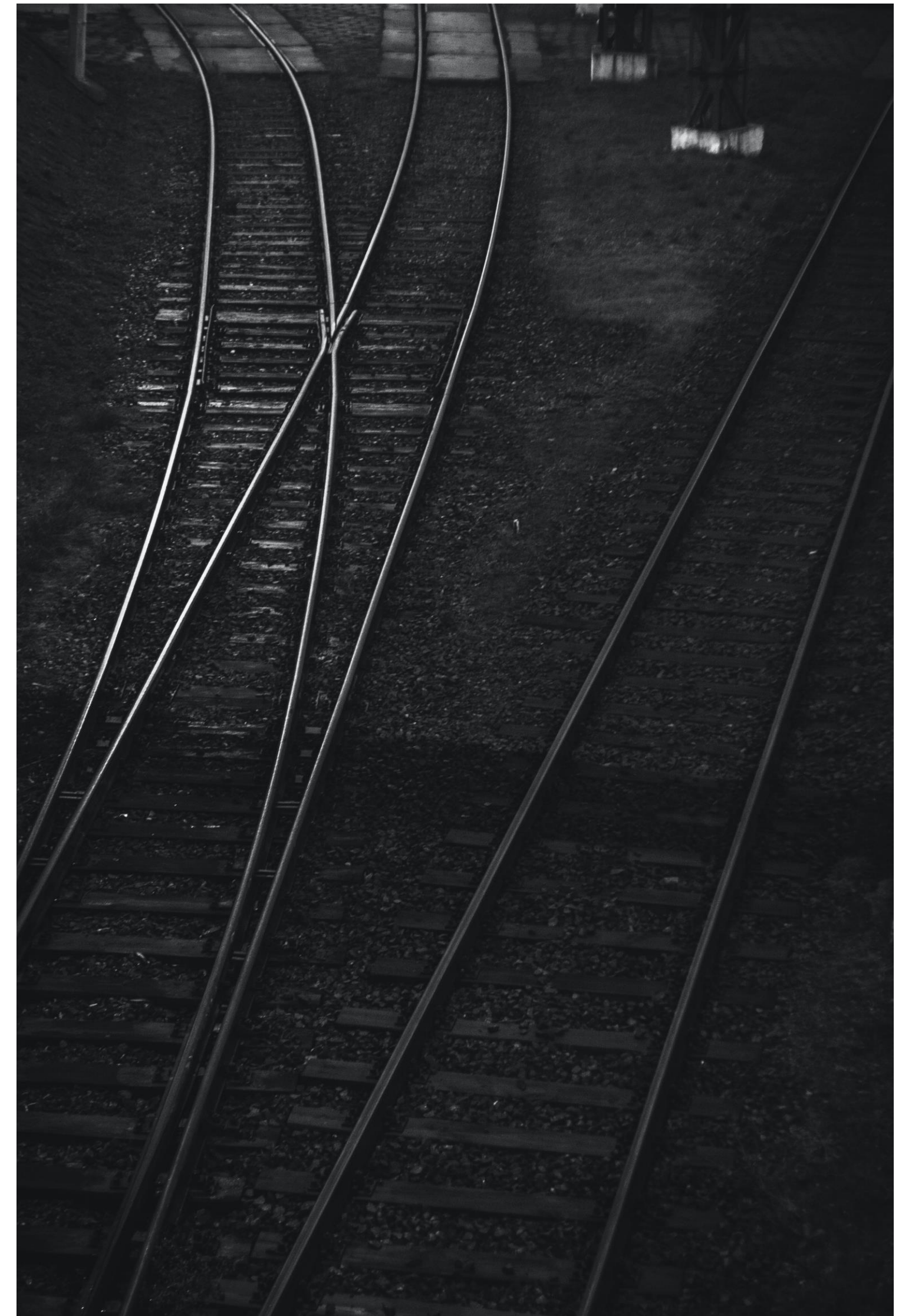


Photo by [Kaboompics .com](https://www.kaboompics.com/) from [Pexels](https://www.pexels.com/)







# Team Building Activities

- Develop Team Guidelines
- Create team rituals
- **Walking Introductions or speed networking**
- Parallel Work
- Question of the day
- Brainstorm/How Might We



Photo by [RODNAE Productions](#) from [Pexels](#)






Photo by [Ingo Joseph](#) from [Pexels](#)

# Community Care





When my team is feeling the most healthy, balanced  
and rested we are prioritizing ...





Photo by [Rodolfo Quirós](#) from [Pexels](#)









Photo by [SHVETS production](#) from [Pexels](#)



# Building Radically Candid\* Relationships

- [Praise in public, criticize in private](#)
- [Humble](#)
- [Helpful](#)
  - Not necessarily have all the answers, but help them clarify the challenge
- State Intention
- Name power dynamics
- Show, don't tell (i.e. give examples, be specific)
- Offer Help - training, coaching, mentoring with a co-worker

# CHHSM Members

## 10% off

Coaching

Training

Teambuilding

Mindfulness Classes

[defythetrend@gmail.com](mailto:defythetrend@gmail.com)

[defythetrend.com](http://defythetrend.com)

[facebook.com/nicolehavelkaconsulting](https://facebook.com/nicolehavelkaconsulting)

@revnhavelka - IG, LinkedIn, Twitter



NICOLE HAVELKA  
CONSULTING  
MINDFUL LEADERSHIP



