



Lunchtime Sessions for Faith Leaders: On Thinking Systems in Congregations

**\$50 per session
or \$130 for three**

Register at www.livingsystems.ca

**16
OCT
2025**

**Noon-1:30pm
Online**

Leadership in Uncertain Times: Working Towards a "Non-Anxious Presence"

Family Systems Theory recognizes communities of faith as emotional systems in their own way. When anxiety is present in a system, the way a leader functions can contribute a great deal to navigating the turbulence. If you are interested in learning more, please register.

**14
NOV
2025**

**Noon-1:30pm
Online**

Doing Too Much? Thinking Through Over-functioning as a Church Leader and Taking Steps to Avoid Burnout

One of the patterns that can develop in a community is what Family Systems Theory calls the overfunctioning and underfunctioning reciprocity. As responsible leaders we can fall into overfunctioning while not realizing we are heading towards burnout. Come and learn how a systems way of thinking can help bring clarity and balance.

**29
JAN
2026**

**Noon-1:30pm
Online**

Managing Self with Difficult People: Boundaries and Bullies from a Systems Perspective

In any community or family system the "difficult" person can be the focus of much of our energy and efforts to manage. Thinking through a systems lens can help understand how different kinds of behaviour function within a system and how one can define self in ways that contribute to the healthier function of all.

These sessions are open to anyone, lay or ordained, who is a leader in their faith community.
If you are new to systems theory or are looking for a refresher, you are most welcome.