

CD702: Working with People
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My triad consisted of Tommy Park (early twenties- Korean youth Pastor) and Lynn Williams-Martin (Trinidadian church Pastor). With such a diverse triad, it would be understandable if we got off to a slow or awkward start, but such was not the case. We eagerly jumped right in answering the questions that were given to us.

Tommy

Tommy is wise beyond his years. He is a youth pastor at a Korean church, in a highly affluent area in northern New Jersey. He still has a lot to learn, but he has had some experience with relationships, heartbreak and cultivating a relationship with God. Although his “life” experiences are few compared to Lynn and I, when he was the observer he was attentive, empathetic and affirming although he couldn’t necessarily relate. To tell how invested he was while being the observer, he asked thought provoking questions pertaining to our stories and offered encouragement.

When it was time to share, Tommy was very vulnerable. One of the key takeaways was during the Emotional EQ segment. Tommy realized that he spent so much of his time making sure those he was around was ok, that he never took the time to invest that in himself. This deficit of self-awareness he realized, was the missing piece to unlocking so much about him spiritually.

Tommy= A+

Lynn

Lynn is originally from Trinidad. She started off her story with her mom's death when she was a teenager (around 16 years old). She was so grieved by her mom's death that at one point she didn't want to live. She asked God to promise her that He wouldn't take anyone else away from her at such a young age and He honored her prayer.

She migrated to the States and during her search for God, she started to be drawn to her father's church. The Lord started to give her prophetic words pertaining to being a part of her father's church which she didn't have a desire to be a part of. Despite her feelings, she obeyed God and eventually joined her father's church, her father passed away (in 2019) and Lynn ended up taking over the church, becoming the Pastor.

One of the turning points for Lynn was during the grief segment. She questioned whether or not she grieved for her father enough, because that process was shorter and less traumatic than that of her mom. At the conclusion, she realized that she had properly grieved for dad. Grief is not linear and it's different depending on the situation. Although her grieving time was shorter for her father, she had indeed properly grieved for her father.

As an observer, Lynn was also attentive and affirming. She was able to pull out some key points for Tommy (speaking to his EQ) as well as a huge realization for me regarding grief as it pertained to my divorce. I realized I still had some things I needed to reconcile with regarding how I was treated by others in the church when I went through my divorce. Lynn and I realized that we both had in common the desire to minister to single women and single mothers. There is a dire need for ministry for women who have a desire but have not found companionship yet, as well as women who have had the misfortune of suffering through bad relationships. Lynn's desire is to grow her church and get the community involved.

Lynn= A+

This class taught me how to be a better listener. It taught me how to listen to not figure out a response, but to be present with whomever is speaking. Being present lets the speaker know that they are being heard. It gives them the assurance that you care, and that is what I aspire to do when I am speaking to or counseling others.

There were many things that impacted me during my triad but the most impactful was regarding emotional intelligence. I've dealt with a lot of burnout especially during at the end of the year and I realized that I was pouring out so much to so many and working so much, that I wasn't taking time for myself and checking in with myself. The more Tommy, Lynn and I talked, we all realized that we were missing self- awareness and self- management regarding our emotions and past decisions based on experiences. We After this class, I have purposed in my heart to take better care of myself.