

## Critical Assessment Form- Jessica Ng

**List the 8 books (4 required, 4 chosen) and/or any handouts, articles, blogs, videos you've read/watched:**

1. Difficult Conversations by Douglas Stone
2. A Creative Minority by Jon Tyson
3. The Road Trip by Mark Sayers
4. Designing Your Life by Burnett
5. It's Time for a Change by Martin Sanders
6. The Power of Mentoring by M. Sanders
7. The Gift of Being Yourself by Brenner
8. Listening to Shame by Brene Brown

### **1) Why were these chosen?**

I wanted to understand and become an interesting person who can have interesting conversations. In order to become an interesting person, I must ask myself challenging and direct questions firstly, to help me see the world, myself and God differently, with a wider lens. I also wanted to learn how to be honest and kind in my word choices and delivery in communication, while still representing God well and reflect God's word.

### **2) What was challenging? What was the most helpful? What was not helpful?**

What was most challenging is finding someone I trust, who's not my husband, to do a full confession with. At the same time, I recognize that this is what I need to expand my capacity to love and to get me to the next level of leadership. What was most helpful is realizing that I am not overwhelmed or not as anxious anymore about having difficult conversations. Douglas Stone helped me recognize through the addressed topics, that I do have the knowledge and skill to have difficult conversations. What I need to work on is my delivery and not rushing into deeper conversations so fast. Honestly, the creative minority book was not helpful but rather confusing for me to understand because of the language and wording, and the examples were hard to grasp.

### **3) How have the readings continued to develop your approach to working with people? Were there any paradigm shifts for you? If so, what?**

The readings helped me understand how the soul works and how the human mind processes or not processes things. Brene Brown said "vulnerability is our most accurate measurement of courage." This was the paradigm shift for me. I have recognized that vulnerability is something I encourage myself and others to practice, but I did not see it in this way until now. It is not confidence that we need but rather, courage and bravery to be vulnerable with ourselves, with God, and with others. This allows me to not necessarily shift my approach but my mentality and goals when working with people and inviting them to practice vulnerability. My new goals and mentality shift is from simply increasing self-awareness, to being about, building and developing courage for people to take next-steps while practicing vulnerability.

### **4) How will the readings be applied to your personal and professional life?**

The one thing that stood out to me is the different levels of intimacy that we as humans are longing for in our soul. I sense that God is expanding my capacity to love and with that, I am longing for a deeper understanding of what intimacy means and looks like. I recognized through these readings that I need to be intentional and proactive in engaging the different levels of intimacy I have access to such as women's group, mentorship or older friends, my spouse, and with God. I have been missing the first two levels of intimacy in my life but God has been showing me that He's preparing others and myself for this, in my life. This also allows me to learn how to present the topic of "intimacy" to my audience, in relation to "sexuality."