

Lynn Williams-Martin

Working With People

Professors: Dr. Martin Sanders and Michelle Park

List the 8 books (3 required, 5 chosen) and/or any handouts, articles, blogs, videos you've read/watched:

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| 1. Designing Your Life, How to build a well lived
Joyful Life | 5. The Gift of Maybe |
| 2. The Road Trip that Changed the World | 6. It's OK That you are not OK |
| 3. Difficult Conversation: How to Discuss what
Matters Most | 7. The Gift of Being yourself |
| 4. A Creative Minority | 8. Shepherding Women in Pain |

1) Why were these chosen?

I chose these books because I wanted to learn more about the things that I am battling with at this time in my life. I am still struggling with grief, and constantly asking myself why things happen the way it happens. I am also learning how to be myself and I felt that reading these books would help enlighten me on these topics. I believe learning about my pain will help me shepherd other women in pain.

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

Designing your Life by Bill Burnett and Dave Evans

This book was challenging for me because I am one of the people who design my life around who or what my family upbringing says I should be. What was most helpful to me is learning that I can design my own life to suit who I am and what I believe. The book also provided a link to a website that can help me accomplish this. There was nothing in this book that was not helpful to me.

The Road Trip that changed the World by Mark Sayers

This book was very challenging for me, because I could not understand how these different men mentioned in the book manage to change the way people do things. I was really confused by the fact that someone's actions can be so influential in changing the whole world. What was helpful to me in this book is to see the history of how cultural beliefs developed over the years and to learn about the many changes that took place throughout the centuries. What was not helpful to me is reading about the different behavioral patterns of these men. I felt disgusted about the things that they did while they included worshiping God in it.

Difficult Conversations by Douglas Stone and Bruce Patton

This book challenged everything that I believed. I believed that it was ok not to have difficult conversations. I also thought that there was no harm keeping everything inside of you, so that you do not hurt anyone. What was most helpful to me is learning that I can have those difficult conversations without hurting anyone. I can turn those conversations into a learning experience for all parties involved. It was also very helpful to me to know that having those difficult conversations can build up my confidence. I did not find anything in this book that was not helpful to me.

A Creative Minority by Jon Tyson and Heather Grizzle

The challenge for me is to be communal in mission. I never thought that what one person does can make a big difference. This book also challenged me to go outside and be aggressive for God. It is not all about the majority, the minority can also be instrumental in making changes. What was most helpful for me is the way the author laid out the purpose of the true story that we should be living out. This really helped me to understand how the church is supposed to function in today's society. Commitment to the way of Jesus is the biggest part of the story.

The Gift of Maybe by Allison Carmen

Reading this book was very challenging for me. Most of the statements made in this book pointed to me and how I think. I am someone who always has the need for certainty. I do not thrive in the possibility of maybe. I see maybe as a negative in my life. It was challenging for me to see maybe as a gift from God. What was helpful for me in this book is knowing that I can find hope in the uncertain things. I do not always have to know the future. There are lots of possibilities that can come out of a time of maybe.

It's Ok That You're Not Ok by Megan Divine

This book challenged me to accept that I was still grieving the loss of my father. In reading this book, I found it very challenging to change the way I think about grief. In my culture we were taught to experience grief differently to how the author explains it. What was helpful for me in this book was getting the knowledge of the stages of grief. Knowing that everyone grieves in different ways. I realized that grieving for a loved one is painful and it takes a long time for you to heal. It was helpful to me to understand that I can live with my grief but I don't have to suffer. It is ok to give myself that time and space to grief.

The Gift of Being Yourself by David G. Benner

While reading this book, I began to find out more about Christian spirituality. The author pushed me to look inside myself and discover the real me. He stated,, "There is no deep knowing of God without knowing of self." The challenge for me is how well I know myself. What was helpful for me in this book is knowing how important self knowledge is to spirituality. In order to be an ambassador for God one must know who they are. I must keep in mind that my identity is in relation to God. It was also helpful for me to learn in order to find the real me, my heart must be aligned with God's heart. While knowing God is important, self discovery is the key that opens the door to a healthy spiritual life.

Shepherding Women in Pain by Bev Hislop

The challenge for me in this book was identifying the source of the pain and finding out how much pain is too much pain. Another challenge was trying to find a way to stop the pain. What was helpful for me in this book is knowing that no one has to suffer pain alone. It is very important for the person to talk about their pain. People with emotional pain need all the support they can get, especially from friends and family.

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

Reading all these books developed my understanding of life and its many challenges. My approach to working with people has changed. I am able to listen more attentively. I am also learning how to have those difficult conversations when it is needed. As I get to know myself a little better, I am communicating with people more effectively. There has definitely been a paradigm shift for me. As a leader who struggles with telling someone how I really feel, reading these books has given me more confidence in myself and I can see the changes in how I handle situations. I am more assertive when I am talking with people.

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

These readings were very helpful to me personally. In my personal and professional life, I will use all the tools and the information that was given to me and take every opportunity to practice what I have learnt. I will also use the information to bring about changes where it is needed.