



5 WAYS TO OVERCOME LONELINESS IN LEADERSHIP



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1. Admit that loneliness is a decision you're making

- If I decide to be lonely, I have no one to blame but myself. Solitude is good. Isolation is of the enemy. If I'm lonely, it's my fault. Period.

2. Cultivate relationships with leaders outside your organization

- Cultivating close relationships with people both inside and outside of where you serve, to turn to regularly for wise counsel. This can be helpful because sometimes, if you're struggling through an issue, they have an outside perspective that can really help you. They are also leading similar-sized or larger organizations and understand the unique pressures leaders face.

3. Have a strong relationship with a few close people inside your church or organization.

- Having friends outside your organization is one thing, but you also need great friends inside your organization. It allows you to be able to share how you're doing and feeling with your elders and a couple of other people close to you.

4. Stay in community

Look for connections in these three circles of relationships:

- **Community groups in our church** or groups formed for executives
- **Good friendships**
- **Connect with new leaders or colleagues** every year to keep your circle fresh and alive.
 - Join professional organizations in your field
 - Join or serve on the board for a non-profit organization in your field
 - Attend Networking events
 - Online connectors such as LinkedIn or Facebook Groups

5. Talk to God about it

- Elijah thought he was the only one left (1 Kings 19). God has a way of reminding us it's not nearly as bad as we think. Keeping your loneliness a part of your prayer life will help remind you that you are responsible for your loneliness. Even Jesus traveled with a tribe of twelve or more and cultivated an inner circle of three. If Jesus valued relationships, why do you think you should be different?

Adapted from Carey Neiuwhof's "Overcoming The New Leadership Epidemic- Isolation and Loneliness"

