

ABHE Faculty Workshop

Dr. Jenny Carter

Flourishing in Teaching and Leading



Some Things About Me...





This Morning...

- Flourishing-really?
- Define and Reflect
- My Story
- Reflect
- Resource



Flourish



Flourish

- To flourish is to find fulfillment in our lives, accomplishing meaningful and worthwhile tasks, and connecting with others at a deeper level—in essence, living the “good life” (Seligman, 2011).
- flourishing is not a static, immutable piece of who you are, it is a process that requires action. Anyone can flourish, but it will likely require some effort to get there (Soots, 2017)

Flourish

- Meaning
- Purpose
- Autonomy
- Self-acceptance
- Optimism
- Positive relationships
- Mastery
- Self-determination
- Resilience
- Personal growth
- Vitality
- Engagement
- Self-esteem (VanderWeele, 2017)

Thriving in Students

- Academic Determination
- Engaged Learning
- Diverse Citizenship
- Social Connectedness
- Positive Perspective



A pair of black-rimmed glasses with round lenses is resting on a stack of books. The books have yellowed pages, and a red bookmark is visible. The background is blurred, showing more books and a wooden surface.

Thriving in Faculty



Thriving in Faculty

Meaningful Engagement -- sample item: "I feel energized about my work as a faculty member."

Institutional Alignment -- sample item: "I really enjoy being a faculty member here."

Relational Support -- sample item: "I receive the support I need from my co-workers at this institution."

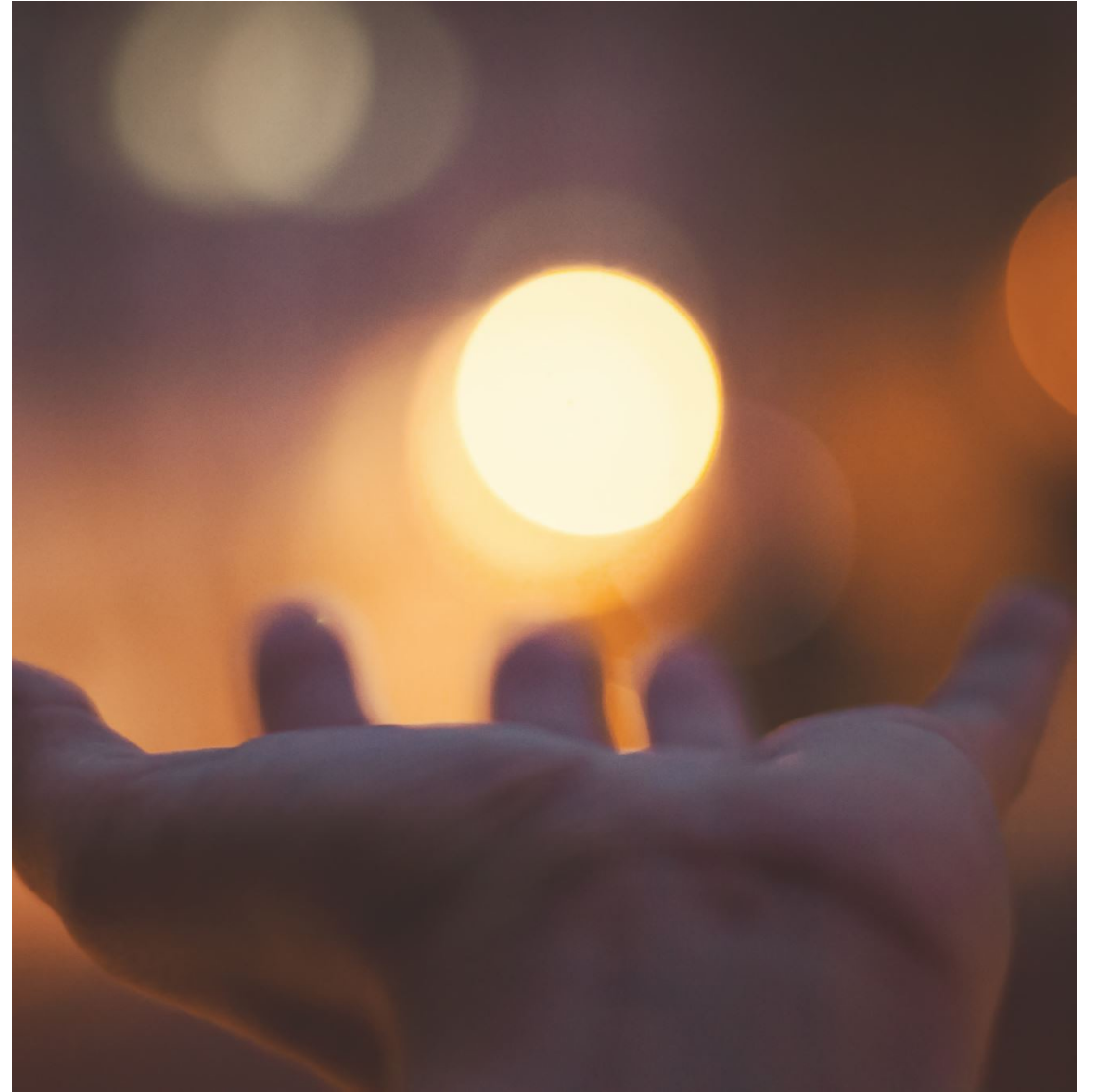
Student Impact -- sample item: "I believe I make a difference in the lives of my students."

Affirmed Value -- sample item: "My department chair, program director, or dean has given me positive feedback about my work as a faculty member in the last year."



My Story

And you were dead in your trespasses and sins in which you previously walked according to the ways of this world, according to the ruler of the power of the air, the spirit now working in the disobedient. We too all previously lived among them in our fleshly desires, carrying out the inclinations of our flesh and thoughts, and we were by nature children under wrath as the others were also. But God, who is rich in mercy, because of his great love that he had for us, made us alive with Christ even though we were dead in trespasses. You are saved by grace! He also raised us up with him and seated us with him in the heavens in Christ Jesus, so that in the coming ages he might display the immeasurable riches of his grace through his kindness to us in Christ Jesus. For you are saved by grace through faith, and this is not from yourselves; it is God's gift – not from works, so that no one can boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do. -Eph. 2-10





Reflect

- Who is He?
- Who am I in Him?

You have a purpose under God. You are a complete mess and it's helpful to acknowledge that. Do not let shame keep you from acknowledging that. Shame keeps us from strategizing about our life and struggling well. But you know the Bible starts with that-you are beautifully made in the image of God, but you're a mess. You're a total mess. And as soon as you admit that, you go, OK, I'm a mess that's dearly loved. Dearly loved by a God that fought for you. He fought for you because you're in a fight. This is a fight. It feels like a struggle because it is. But He fought for you. And He loves you, so pick up drooping hands, strengthen feeble knees and let's go to war together. And let's accomplish something good in this life.

-Ben Stuart



Could it be that we are so worn and desperate for ways to better ourselves because we've missed the power, inherent in the grace of God, that eradicates self-improvement altogether?

Is it possible that we keep trying to answer the wrong question—"Am I enough?"—when we're really wanting to know: "Is God enough?"

The answer to the latter will satisfy the first.



Passions

- What are your passions?
- What sets your soul on fire?
- If we asked a close friend or spouse, what would they say about you?

Calling

- Great Commission
- Unique
- Passions
- I create and steward systems, environments, and tools where individuals flourish in their God-given callings.



Assignment

- Role and Title in a season
- Changes over time
- Context may change, but callings do not



Flourishing Toolbox



What does it look like for me to flourish? What does flourishing mean for me?



Is this realistic? Am I setting myself up for failure?



3. Where am I finding my worth?



Assess and Reflect

- What is working?
- What is not working
- What are your pain points?
- What needs to change?

A hand is shown from the bottom, reaching upwards towards a bright, glowing sun at the top of the frame. A faint rainbow is visible in the background, arching across the sky. The overall scene is bathed in warm, golden light, creating a sense of hope and aspiration.

You are a soul, not a role.

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