

# The Self Aware Leader



STUDENTS AT THE MILL

**Watch Video:** <https://vimeo.com/1099380999/ebacb7357a?ts=0&share=copy>

## Know Your Limits and Know Your Abilities

- **Your relationship with the Lord is vital!**
  - You can only lead others as far as you have gone
- **You are a counselor**
  - You have the ability to use God's Word to help and guide students
- **Understand Your Strengths and Weaknesses**
  - Are you good at dealing with your own emotions?
  - What are your triggers?
  - Are you empathetic towards others?
  - Are you a good listener?
- Know when you have reached your capacity and you need to hand your student off to someone else.
- **When Do You Need To Refer to a Professional**
  - When a student is in very severe emotional distress
  - Confession of trauma - sexual, abusive, etc.
  - Student admits struggle with substance abuse
  - Student confesses an eating disorder