



FOUNDATIONS

Fall Training Event Pre-Assignments



2024

Intentional Discipleship

Michael Frost is an internationally recognized Australian missiologist, author and one of the leading voices in the missional church movement and is also a long-time friend of YFC/YU Canada. Mike has written an excellent article on the importance of telling your spiritual autobiography well.

To prepare for the Fall Training Event, please **read Frost’s article** (link below) **and prepare to tell your spiritual autobiography in a small group setting** paying special attention to the significant persons, spiritual experiences and causes that God has given you a special concern for.



Frost has great questions for you to think about that will inform how you tell your story. Please try to write it out as a short story (we suggest 4-minutes long) that flows rather than simply answering the questions in the article. Let those questions percolate in your memory, use them to reflect on how God has worked and continues to work in your life. Don’t feel tied to Frost’s questions but consider them springboards for telling your story. Your small group members will interact respectfully with your story to offer encouragement and refinement. Listening to another’s story is a sacred thing, so let’s tell that story well and listen generously to one another.

Article link = <https://mikefrost.net/the-way-you-tell-your-spiritual-autobiography-matters/?fbclid=IwAR2HGV-f3AaU0ZFO-Hv400X4GeADzgOrWBaG4AaYEg7rFMjKRdk8fmYeays>

Ministry Skills & Leadership Practices

In preparation for further learning at your Fall Training Event, please **read “The Five Practices of Exemplary Leadership”** article by James M. Kouzes & Barry Z. Posner at: http://www.ohacep.org/aws/OACEP/asset_manager/get_file/49721?ver=30. Be prepared to answer the following questions at the regional event:



- Which practice comes most easily to you and which practice is most difficult for you?
- How and when do you practice the two things answered in the above question?

As Peter Scazzero reminds us “the truth is—what you do matters, but who you are matters more.” In preparation for this segment of the Fall Training Event **please read thoughtfully and reflectively** the **e-book Leadership: 8 Pivotal Breakthroughs of Emotionally Healthy Leaders** <https://drive.google.com/file/d/1J8j9EhSOiD9FVJwEL2CQuBnQRkfn41RN/view?usp=sharing>

Choose 3 of the 8 shifts and journal in a notebook or on your computer what you would like to start doing as a result of contemplating these shifts. Next, consider and journal what you would like to continue doing, and finally what you would like to stop doing as a result of thinking through these 3 shifts. At the Fall Training Event we will take some time to meet in small groups to talk about what you learned, where you were challenged, and how you would like to grow as a result of reflecting on these shifts.

Resilient Spirituality

A core text of our teaching is **The Emotionally Healthy Leader** by Peter Scazzero. Before your Fall Training Event, please **read the first section of this book (chapters 1-5)**. After completing your reading, please **create a Rule/Rhythm of Life** (as discussed in the chapter ‘Slow Down for Loving Union’). We will be discussing the Rule/Rhythm of Life exercise at the training event. Please be prepared to share this in a discussion group setting.



DISC Assessment Reminder

If you have not already done a DISC Assessment for your Foundations Track, email Wendy Godmere at wendygodmere@xplornet.com and request a link for a 50-page Discovery Report. Wendy is an independent consultant who administers these reports on behalf of YFC Canada so you will need to arrange payment of \$56.44 (for the cost of the report) directly with her. Then:

- **Review** the complete report and highlight comments of interest to you.
- **Forward** a copy of this report to your supervisor and **upload** a copy to your Google Classroom.
- **Bring** a copy of the completed report (including your thoughts) to the Fall Training Event. ***Please note—the DISC Assessment will be further explained at the Fall Training Event***
- **Reminder** that after receiving your Assessment results you will also need to **complete the Personal Review Questions** (on page 29) and submit them via Google Classroom. If desired, you can wait to complete the Review questions until after the Fall Training Event.

Regional Training Coordinators

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