



Sample Slides of PowerPoint

Corresponding with the handbook,
"Thriving in Difficult Places:

Member Care for Yourself and Others"

**PowerPoint by
Thriving Member © 2014
Thriving Member Training
www.thrivingmember.com**

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At least one PowerPoint on Each Topic

Beating Burnout	Conflict Management (x 3 PowerPoints)	Culture Shock (x 2)
Debriefing	Disappointments, Failure, Suffering and Spiritual Miscarriage (x 2)	Dysfunctional Family Background
Field Visits – A Morale Booster	Grief and Loss	Loneliness ... Yet Not Alone
Third Culture Kids and Their Family Life	Raising Friends and Support (x 2)	Re-entry – Coming Home in One “Peace”
Self-Care – Enabled to End Well	Single ... And Not Sorry	Spiritual Sharpness – Fighting Fit
Stress Management – or it Manages You!	Survey Outcomes and Conclusions	Transition and Change

NOTES

- ❖ A “Read Me” file will help you to use these Power-Points.
- ❖ Limited samples and examples included below.
- ❖ Each sample slide below represents a section that can be found in the PowerPoint(s) of every topic.
- ❖ Every bullet enters on its own.

Provide
proactive care!



PROACTIVE
CARE

REACTIVE
CARE

Sample – B Bosch © 2014



Application Worksheet

Sample – B Bosch © 2014

AS WE PROGRESS WITH THIS LECTURE, PLEASE JOT DOWN IDEAS OF HOW YOU WILL PERSONALLY APPLY THIS INFORMATION

NAME _____	DATE _____
PERSONAL ISSUES	TO DO
CARING FOR OTHERS	NOTES

Trainees creating a reminder of tasks in every PowerPoint



BIBLICAL EXAMPLES OF FIELD VISITS

- As ambassadors of Christ, when visiting others, we are visiting Christ (Matthew 25:34-40).
- Peter visited Paul and Barnabas on the field (Gal. 2:11-13).
- Stephanas, Fortunatus and Achaicus – 500 kms (300 miles) to visit and refresh Paul (1 Cor. 16:15-18).
- Rufus' mother visited Paul (1 Cor. 16:13).

**Biblical examples in
every PowerPoint**

THOSE SUFFERING FROM GRIEF IN SCRIPTURE

- Job – grieved for 7 days - loss of his sons, daughters, health, livestock
- Ephesian church – wept aloud when Paul was leaving (Acts 20:37-38)

**Biblical examples in
every PowerPoint**

DEFINITIONS OF BURNOUT

“Burnout is wearing out to the point of being unable to cope with the stresses of work or life.”

- L C Roy Spaniol, Source Unkown



“Burnout is a condition resulting from pro-longed and total depletion of a person's resources, especially emotional. The person has been ‘used up’, so that they have no energy left to give.”

- Larry & Lois Dodds, Source Unkown

Definitions of topics are in each PowerPoint. Only 2 of many definitions shown here.



TCKs' BENEFITS

- **Exposure to global issues – war, poverty, injustice, famine**
- **Global Body of Christ in physical form**
- **Personal involvement in missions**
- **Enjoy the present now, e.g. friendship**

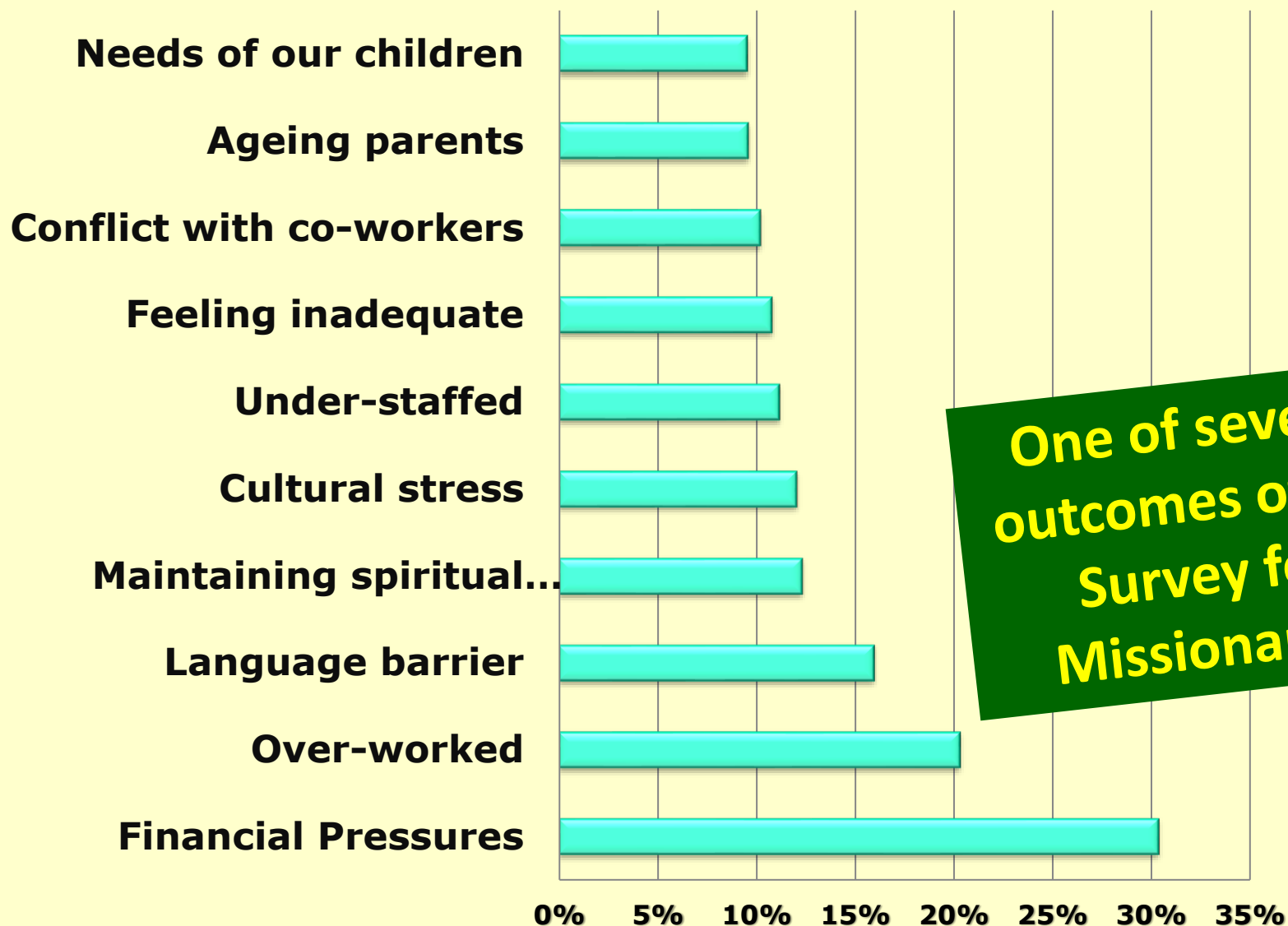
Only 4 of many TCK benefits shown here. Each bullet flies in separately at click.

CLASS DISCUSSION



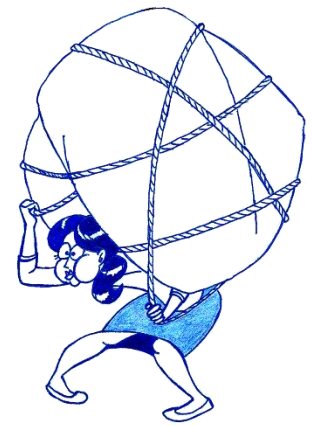
**WHAT ARE THE CHALLENGES
EXPERIENCED BY TCKs or MKs?**

10 Top Stressors



One of several
outcomes of the
Survey for
Missionaries

MAIN CAUSES OF BURNOUT



- Huge losses, wounding or compounded grief
- Inability to balance our lives
- Outdated methods and not depending on the Holy Spirit
- Culture shock and constant isolated cross

Causes in each PowerPoint. Each bullet appears at click. Only 4 of many causes shown here.





**INITIAL ADJUSTING TO
THE FIELD IS USUALLY
EASIER . . .**

**... THAN TO ADJUST
TO THINGS AT HOME
UPON RE-ENTRY OR
RETURN!**



**Colourful illustrations to help
retain the attention of audiences.**



CLASS DISCUSSION

WHAT ARE THE BENEFITS OF SELF-CARE? WHY DO WE NEED IT?

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BURNOUT PREVENTION MEASURES BY THE WORKER

- **Add exercise to daily schedule**
- **Schedule regular debriefing**
- **Leave work at work**
- **Distinguish between a concern and a responsibility**
- **Maintain a 40-hour work week**
- **Be creative; do something different from ministry**
- **Have interpersonal prayer support**

**Prevention measures in
most PowerPoints.**



KEY ELEMENTS OF CISD

- **Encourage action – what will the person do next, and how?**
- **Discourage unhealthy action**
- **Help men with self-awareness regarding emotions**
- **Assist with acceptance**
- **Refer for follow-up**

**Each bullet
appears at click.**





Photos: Dave Parry

**So, só many hellos and
good-byes! They never
stop for TCKs!!**



BENEFITS OF PROCESSING TRANSITION WELL

✓ New things are born:

- A new identity
- A new sense of purpose
- A new store of energy



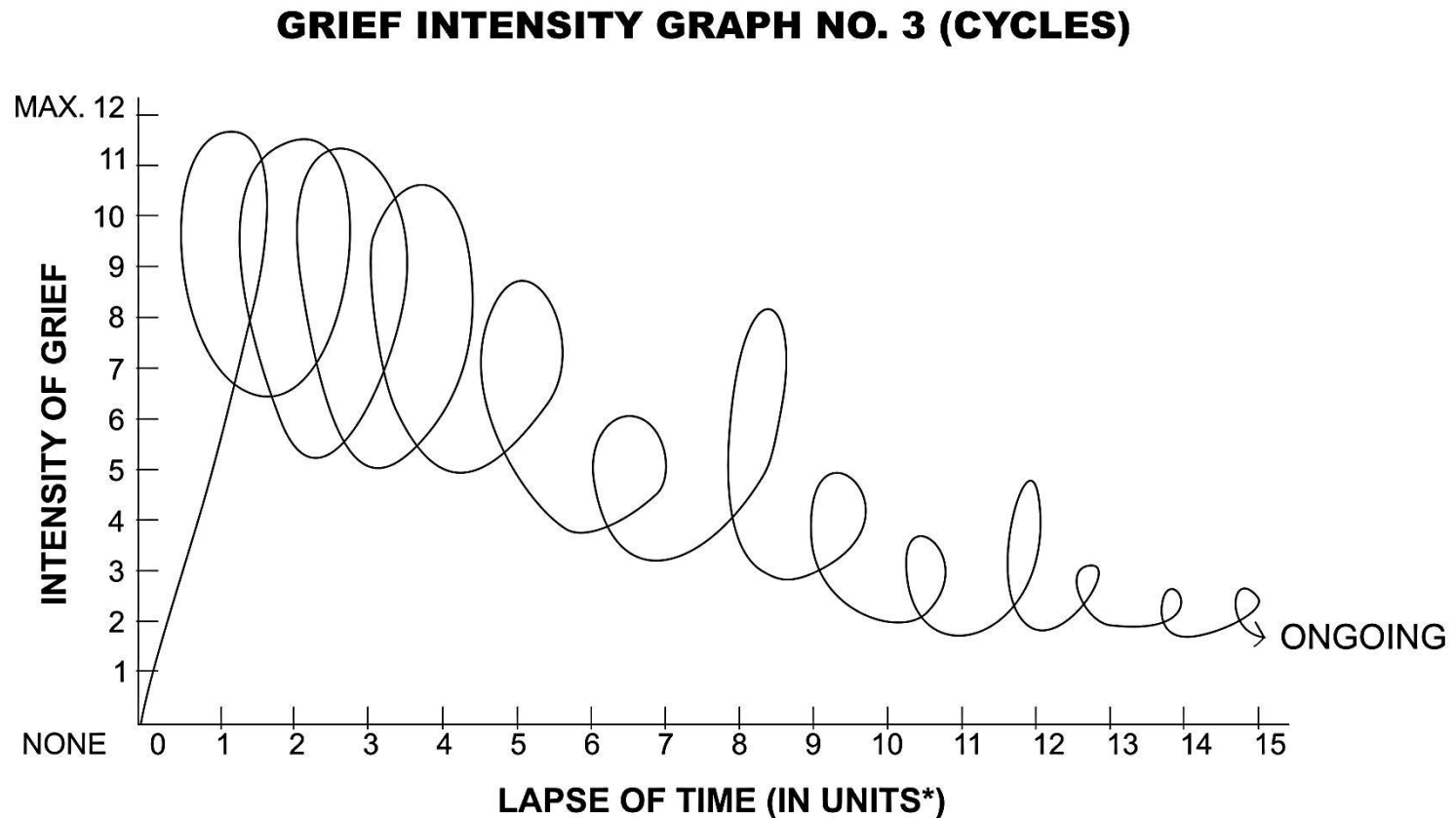
✓ Enables you to prepare your children

✓ Help others understand and adjust

✓ Provide more realistic assistance

**Only limited bullets
shown in this sample file**

Instead of the grief process being linear, it can rather be **cyclical**, with cycles later smaller and further apart, with **spikes** on certain days.



* A unit has no specific length of time. Each person's units will differ in length from others' units.

SELF-HELP FOR PARENTS

2. ON THE FIELD SELF-HELP

- Hiring household helper or not
- Daily debriefing – connect with your children. [How was your day? What was most difficult? Most enjoyed? Feelings? Affecting you? Tomorrow? Prayer items?]
- Find a coach or field

Self-Help Section in every PowerPoint



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MY STRESS CUE CARD

MY STRESS SYMPTOMS

Physical:
Emotional:
Relational:
Mental:
Attitude:
Behavioural:
Spiritual:

ON A SMALL CARD (I.D. SIZE) PLEASE WRITE DOWN 1-4 OF YOUR SYMPTOMS UNDER EACH CATEGORY (OR WITHOUT CATEGORIES)

Sample of workshop

SELF-HELP

COPING STRATEGIES DURING TRANSITION

- ✓ **Be prepared for many changes**
- ✓ **Have open expectations**
- ✓ **Do not compare new with previous**
- ✓ **Take early note of signs of change**
- ✓ **Be informed:**
 - **About the transition process in general**
 - **About the new destination**
- ✓ **Count the cost**



GUIDELINES

BEFORE THE FIELD VISIT (cont.)

- Requested resources
- Gather mail
- Buy, make, prepare gifts
- Care packages
- Bringing food



**Practically listing what can
be done to be of help to
missionaries.**



*"Thriving in Difficult Places: Member
Care for Yourself and Others", © 2014*

HELPING OTHERS IN SELF-CARE

- **Allow and encourage enough time out to practice self-care.**
- **Make it hard for people to over-work; combat it within agency.**
- **Encourage the use of natural accountability factors, e.g. spouses, prayer partners, teammates, small/home groups.**



**"Helping Others Section"
in every PowerPoint**

"Thriving in Difficult Places: Member Care for Yourself and Others"



© 2011

HOW WE CAN HELP TCKs AND PARENTS

ON THE FIELD ASSISTANCE

- Find, found or fund scholarships
- Care for wives and mothers
- Strengthen marriages
- Donate holidays
- Agency, regularly debrief, listen, provide resources and care
- Agency, before they leave the field: debriefing, assist
- Make use of inter-a



**"Helping Others Section"
in every PowerPoint**

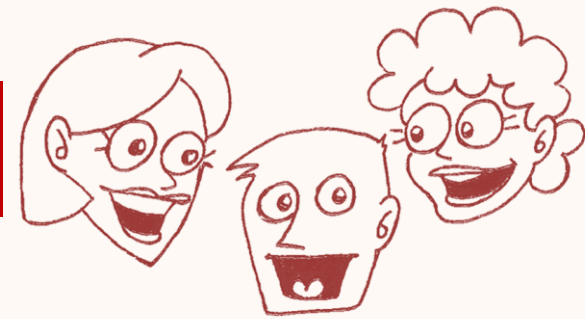
HOW TO HELP MISSIONARIES FROM DYSFUNCTIONAL HOMES



- **Remain objective**
- **Don't focus on negatives only**
- **Affirm and validate – love!**
- **Network to get help**
- **Help the enabler to stop**



CLASS DISCUSSION



Sarah-Jane seems to be highly stressed nowadays. Her stress symptoms are increasing and everyone is noticing (and feeling!) it. No one is talking to her about it, but they are rather avoiding her now and talking about her. Explain how you will approach her, and what you will say and do. What offers of help can you make that are practical and ongoing? How can you help the others in the team?

**Several case studies
for class discussions
in every PowerPoint**

Sample of Ministry Pamphlet

GLOBAL24seven

*Spiritpreneurs are people
who fully integrate
their soul in a workplace enterprise*



Lisa Cordoba

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WORKING TOGETHER TO FULFIL THE GREAT COMMISSION

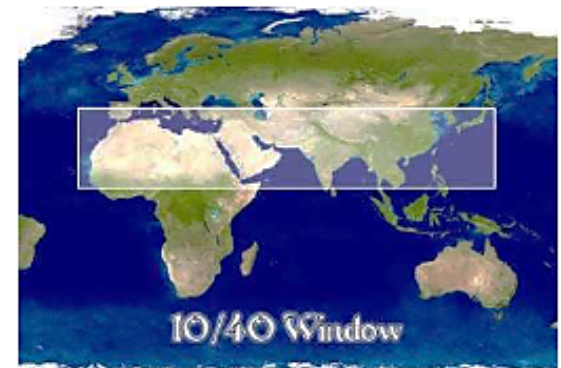
WHEN SENDING FINANCIAL SUPPORT:

Cheques should be made payable to:
Lisa Cordoba and mailed to
873 Roberto Lane, Lynn Bridge, 243081

Direct deposits can also be made to:

Account Name: Lisa Cordoba
Bank: Jolly Bank
Account No: 8447 383 533
Branch: Lynn Bridge
Reference: Your name

10/40 Window Missions



- It is in this window where over 90% of the peoples of the world live that have never had a chance to hear the Gospel.
- 85% of the physically poorest people in the world live here. The major cities within this area are the world's poorest, e.g. Calcutta.
- Every major non-Christian system of thought and culture is centered in this window.

**Practical samples to
show you HOW.**



RECOMMENDED RESOURCES

- Yancey, Philip. 1988. *Disappointment With God*. Grand Rapids, MI: Zondervan Publishing House.
- Piper, Don, & Cecil Murphey. 2004. *90 Minutes in Heaven: A True Story of Death and Life*. Grand Rapids, MI: Fleming H. Revell (a division of Baker.
- Marshall, Catherine. *To Live Again*. New York: Avon Books, a division of The Hearst Corporation. The author lost more than one husband and her insights are very compassionate and helpful.

Recommended Resources in
every PowerPoint



LET'S PRAY

"Father, we want all to hear the Good News of eternal life in Your Son, Jesus Christ. Help us to care for our missionaries in such a way, that they will remain in Your love and win many for You. In Jesus' name, Amen."

**A prayer at the end
of every PowerPoint**

**PowerPoints on Member Care
topics are available at**
[http://www.thrivingmember.com/
product-category/powerpoints/](http://www.thrivingmember.com/product-category/powerpoints/)



The End



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