Anxiety Workshop

**Leader:** Margaret Marcuson

**Date**: Tuesday, September 22, 2020 at 1:00 p.m.

**Title:** *How to Be the Least Anxious Person in the (Virtual) Room*

**Purpose:**

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**Goals:**

1. How to be a little calmer yourself through these days.
2. How to relate to others who are anxious without catching their anxiety
3. How to claim the spiritual courage needed to lead in uncertain times.

**Description**

You already know it—you are leading in anxious times. How can you provide leadership in these days in ways that are life-giving for yourself and for others? This workshop will offer some ways to approach leadership in these days.

Nowadays you only have to be a little less anxious than those around you to be a better leader and have a better experience of life in these unusual times.

**Biography** Margaret Marcuson

Rev. Margaret Marcuson offers a way pastors can bring their best to their ministry without giving it all away, so they can have a greater impact and find more satisfaction. She speaks and writes on church leadership and works with church leaders nationally across denominations as a consultant and coach. Margaret is the author of Leaders who Last: Sustaining Yourself and Your Ministry and Money and Your Ministry: Balance the Books While Keeping Your Balance. An ABC minister, Margaret was the pastor of the First Baptist Church of Gardner, Massachusetts, for 13 years. She lives in Portland and is a member of First Baptist Church.

**Workshop Host:** Lauren Parliament

**Zoom Proctor:** Mike Oldham