

How to be a  
Non-Anxious Leader  
in an Anxiety Filled World

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# Introduction

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# Where is our Anxiety coming from?



# Knock-on Effects in Education

- There is a perfect storm brewing: long term trends in the profession and a healthy job market in other fields are colliding with a couple of extremely difficult years in the classroom.
    - *44% of England's State-school teachers plan to quit by 2027 citing workload and stress as the reason ([www.neu.org.uk](http://www.neu.org.uk))*
    - *8,000 striking teachers + 1,000 striking kindergarten teachers in Norway*
    - *There is a teaching exodus in the US: Florida alone has 8,000 teaching vacancies ([www.vox.com](http://www.vox.com))*
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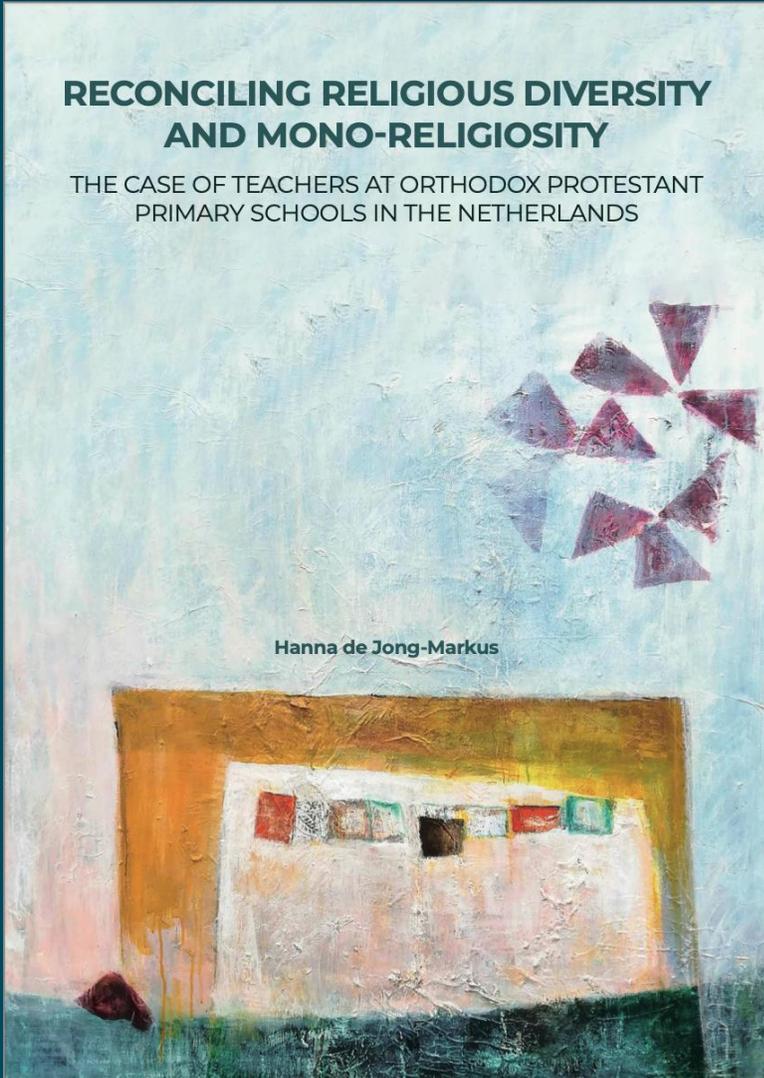
# What does God have to say?

- The book of Hebrews - was written “to encourage an early Christian community to continued faith and hope in the face of hardship.”
  - Hebrews 11 – stories of the Old Testament are recounted in order to encourage early Christian communities of the consistent power of God.
  - Hebrews 13 - since Jesus Christ is the same yesterday and today and forever, we can say with confidence, “The Lord is my helper; I will not be afraid. What can anyone do to me?”
  - The cultural and political status quo is to fear. The Christian status quo is to live by faith.
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**RECONCILING RELIGIOUS DIVERSITY  
AND MONO-RELIGIOSITY**

THE CASE OF TEACHERS AT ORTHODOX PROTESTANT  
PRIMARY SCHOOLS IN THE NETHERLANDS

Hanna de Jong-Markus



# Research on Christian Schools

# Dutch Research on Christian Schools

- Cohesion in identity and purpose
  - Encourage Inquisitiveness
  - Distinctiveness of Christianity
  - Previous research on teachers: loyalty to the body of traditional thought and serving critique on it.
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# How to be a Non-Anxious Leader?

- “Living into our values means that we do more than profess our values, we practice them. We walk our talk – we are clear about what we believe and hold important, and we take care that our intentions, words, thoughts, and behaviors align with those beliefs.” (Brené Brown, Daring to Lead, p. 186)
  - “We have only one set of values... This, of course, is the challenge of living into our values: those moments when our values are in conflict with the values of our organization, our friends, a stranger in line at the grocery store or polling station, or even our family.”
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- “True belonging is the spiritual practice of believing in and belonging to yourself so deeply that you can share your most *authentic* self with the world and find sacredness in both being a part of something and standing alone in the wilderness. True belonging doesn’t require you to change who you are; it requires you to be who you are.” (Atlas of the Heart p. 155-156)
  - Be brave. Serve the work. Take good care.
    - *Mindfulness based stress reduction programs: pay attention!*
    - *Progressive muscle relaxation*
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# So then what?

- “When we are discouraged, let us look back and remember and take heart again. God’s arm is not shortened; His power has not grown less. What God did once He can do again, for the God of history is the same God whom we worship today.” (William Barclay)
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Go Now In Peace