



WEBINAR: STAYING FRESH IN AN ERA OF VOLATILITY

CPAS Webinar: March 2024

Thanks so much for joining us for the webinar. Here are links to some things that may be of interest as you reflect further on this topic. Don't try and follow them all up, choose selectively those that will be of most help or interest to you at this time. If you also come across good materials, please do send us a link.

Webinar recording

Here is the '[Staying fresh in an era of volatility](#)' recording on the CPAS youtube channel.

Books related to this Webinar

- **How clergy thrive** - Liz Graveling (CHP)
- **A resilient life** - Gordon MacDonald (Thomas Nelson)
- **Sustaining Leadership**, Paul Swann (BRF)
- **Daring Greatly**, Brene Brown (Penguin Life)
- **Zeal without Burnout**, Christopher Ash (The Good Book Company)
- **Atomic Habits**, James Clear (Random House)
- **Why we Sleep**, James Clear (Random House)
- **Bouncing Forwards**, Patrick Regan & Liza Hoeksma (Waverley Abbey Resources, 2021)

Articles related to this Webinar

- [Clergy in Living Ministry study report suffering depression](#) - Madeleine Davies, 22 February, 2024

Other resources related to this Webinar

- **Zoe Podcast** - scientifically researched podcasts on personal nutrition. <https://joinzoe.com/learn/category/nutrition/podcast>
- **Sleep Better** - an e-learning module from CPAS www.cpas.org.uk/sleepbetter
- **Chatterjee's podcasts** and blog posts, www.drchatterjee.com.
- **Apps**: Prayer Mate; Lectio 365; Jesus' Words; 3 Minute Retreat; Inner Room; Centring Prayer; Daily Prayer.
- ww.bibleinoneyear.org links to App and daily emails.
- **TasteLife** is a great course for those struggling with eating disorders www.tastelifeuk.org.
- **TED talk**, Brene Brown The Power of Vulnerability.

LEADERSHIP WEBINAR RECORDINGS AND RESOURCES

All previous webinars are available to watch on the CPAS YouTube channel [here](#). You can also download previous handouts and resource sheets [here](#).

Resources relating to leadership generally

- **PCC Tonight**, [Leading Your Churches in Evangelism](#): six sessions to use with your PCC to help shape churches around evangelism.
- [Talking Jesus 2022](#), Rachel Jordan-Wolf (HOPE Together, EA)
- **How the church today is getting discipleship wrong**—an article by Carey Nieuhof that we thought might be of interest. Find it [here](#).
- **CofE Statistics for Mission** - some very interesting [stats](#) to reflect on.
- **A non-anxious presence**—Mark Sayers [writing](#) about crises and how we can lead and respond and lead our churches into renewal
- **Leading Your Church in a Rapidly Changing World** Glenn Packiam is interviewed for the [Leadership Show Podcast](#). Article. A good conversation looking into the challenges of church leadership.

USEFUL RESOURCES

- **Habit checker** We've created a free downloadable [habit checker](#) to share with your congregation members to help them review their habits and develop healthy ones. .
- **Preparing to train online** [Reflections](#) on lessons learned on how to run online training.
- **Home working** Tips on how to [work well from home](#).

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