

# From Holding Space to Finding Your Footing

## Re-orienting After the Holiday Sprint

Advent and Christmas stretch us in ways that expand our hearts, deepen our care, and increase our availability. They also disrupt the internal rhythms that help us stay oriented.

In ministry, we are skilled at holding space for others: offering presence, compassion, and care. But after a season of sustained relational output, many of us discover that our own footing has quietly shifted.

By February, most external markers of the holidays are behind us. Internally, however, our rhythms, routines, and relational boundaries may still feel less settled than we expected.

### What it means to find your footing

Finding your footing is the practice of re-establishing internal rhythms after a demanding season.

It means paying attention to energy, momentum, and personal boundaries so leadership and care don't feel fragmented moving forward.

### Three practices to try

- 1. Restore a predictable rhythm:** Holiday seasons naturally disrupt sleep, work cadence, and pacing. February is a good time to gently return to daily and weekly routines that support clarity and presence.
- 2. Transition with intention, not urgency:** Many of us want to “flip a switch” and be back to baseline. Instead, allow for transition. Small cues like reclaiming a morning rhythm, simplifying inbox patterns, or beginning the day with a brief reflective pause help restore orientation over time.
- 3. Protect your attention:** Attention is one of the most valuable resources in ministry. After seasons of giving it outwardly, consider turning some care inward with simple boundaries: a pause between meetings, a technology-free lunch, or a consistent no-meeting block each week.

### Why this matters for ministry

Ministry leaders and teams are people first. When internal rhythms are stable, others experience clarity, presence, and consistency in our leadership. Re-establishing footing after a demanding season isn't self-indulgent. It's a practical way to sustain faithful, attentive care.



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# Supporting Men and Leaders Through Transition

At Vibrantly Live, we often see leaders, especially men in ministry, struggle to re-establish personal rhythm after demanding relational seasons.

Common experiences include:

- Feeling pulled between expectations and internal experience
- Pressure to project strength without space to recalibrate
- Hesitation to prioritize reflective support



PRESENT MEN, STRONGER FAMILIES

## Men's Coaching at Vibrantly Live

This year, we're excited to announce **Men's Coaching**. This is a structured, reflective space for men to:

- Clarify what matters internally and externally
- Re-establish sustainable rhythms for leadership and life
- Navigate transitions with intention, not just endurance

Men's Coaching is not therapy and is not remedial. It's a forward-focused partnership designed to support thoughtful, engaged leadership.

## A Gentle Invitation

If this feels like a helpful resource for someone on your staff, in your community, or for you personally, we'd be glad to share more.

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