



WIN AS A LEADER BY SHOWING UP MENTALLY

How you show up on Wednesdays affects your students more than you realize. If you're distracted, they'll be distracted. If you're worried about other things, it'll be difficult to focus on the needs of your students. We know that life happens, but one way you can win as a Switch leader is by showing up mentally.

What does that mean? It means taking some time before you arrive on Wednesday to reframe your perspective. We don't want you to show up acting like you've got it all together. But we do want you to refocus your attitude from your crazy week at work or family to focus on the needs of your students. So, here are three simple tips on how to show up mentally for your students.

1. **Pursue Jesus personally.** We can't lead students to grow closer to Jesus if we aren't growing closer to Jesus ourselves. Make sure that you've investing time in the most important relationship in your life before you worry about investing in others.
2. **Engage with the provided content.** The messages, discussion questions, and environments have been carefully planned, so leverage the experience to spark discussion among your group. Ask your students what stands out to them about the message, dig deep into the topic of the night, and use crazy games or themes to diffuse tension and get students talking. When you buy into the content wholeheartedly, students will too. So lead confidently, ask questions purposefully, and listen attentively.
3. **Check your baggage at the door.** Remember that your Switch group isn't your LifeGroup. Although you can absolutely be authentic and vulnerable with your students, you're still the leader, and your focus should be about what the students need—not what you need. Make sure you have people in your life who are speaking life into you, and give yourself some time to regroup from your crazy day before you come in to lead your students.

When you show up ready to lead your students well, it changes the tone of your group. So show up mentally prepared by reading over your resources, and show up mentally present by leaving distractions behind and listening attentively to your students because ***your attention often leads to participation.***

Talk through these discussion questions with your fellow leaders and Switch team.

1. What questions do you have about showing up mentally?
2. What habits do you have in place to ensure that you are pursuing Jesus personally?



3. What does it look like to engage with the content well? What tips do you have for leveraging the content to spark discussion?
4. What are some practical ways you check your baggage at the door before leading your group?
5. What other tips do you have about showing up mentally when you lead?