

LeaderCare Resource

Episode 13: Cultivating Safe and Caring Spaces

Group Boundaries - Pt 2

Personal Boundaries Within Group

- There is a big difference between “taking care of” all the needs in our group and helping to “care for” needs within our group.
- Taking Care Of:
 - Beware of exceeding personal bandwidth
 - Beware of exceeding the group’s bandwidth
 - We can’t be available 24/7 to meet every need that comes up from within our group. If we do attempt to do this, we will be weighed down by taking care “of” every situation, often far beyond our ability, capacity, and scope of care to do so.
- Caring **For** Needs:
 - There is often an opportunity for groups to offer extra care and support during high need times!
 - We care for our group members within our personal bandwidth **AND** can also **offer to connect** our group members with extra needs **with other resources** that can also come along side of them and perhaps serve them better

It is often more KIND to connect our group members with resources outside of our group than attempting to meet all the needs within the group and burning out/letting the group member down in the process.

What Is **YOUR** Bandwidth as a Group Leader?

- Take a few minutes to consider this?
- Remember, this may change in different situations and different seasons.
- We cannot always provide INSTANT responses to every need within the group.
- Have you communicated your personal boundaries with your group members?
- There is a difference between actual crisis vs perceived crisis!

Having these conversations up front sets us up well to engage in corrective conversations with more kindness and care if we need. Proactive is always better than reactive!

Questions? Contact us:

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