



M.J. Murdock  
CHARITABLE TRUST

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**Now what? Leading with *Courage*  
and *Integrity* through Crisis**



# TOO MANY HATS

Author / Speaker / Podcaster / Social  
Entrepreneur / Clinical Director /  
Therapist / Executive Coach /  
Owner & Co-Founder

Mom / Wife / Friend / Sister / Daughter /  
Community Leader / Online School  
Teacher / Activity Director /  
Tech Support





# WHAT WE NEED IN CRISIS

- ◆ SUPPORT

- ◆ STRUCTURE

- ◆ SHEPHERDING







# SUPPORT

- Connection

- Calm the “Brain”

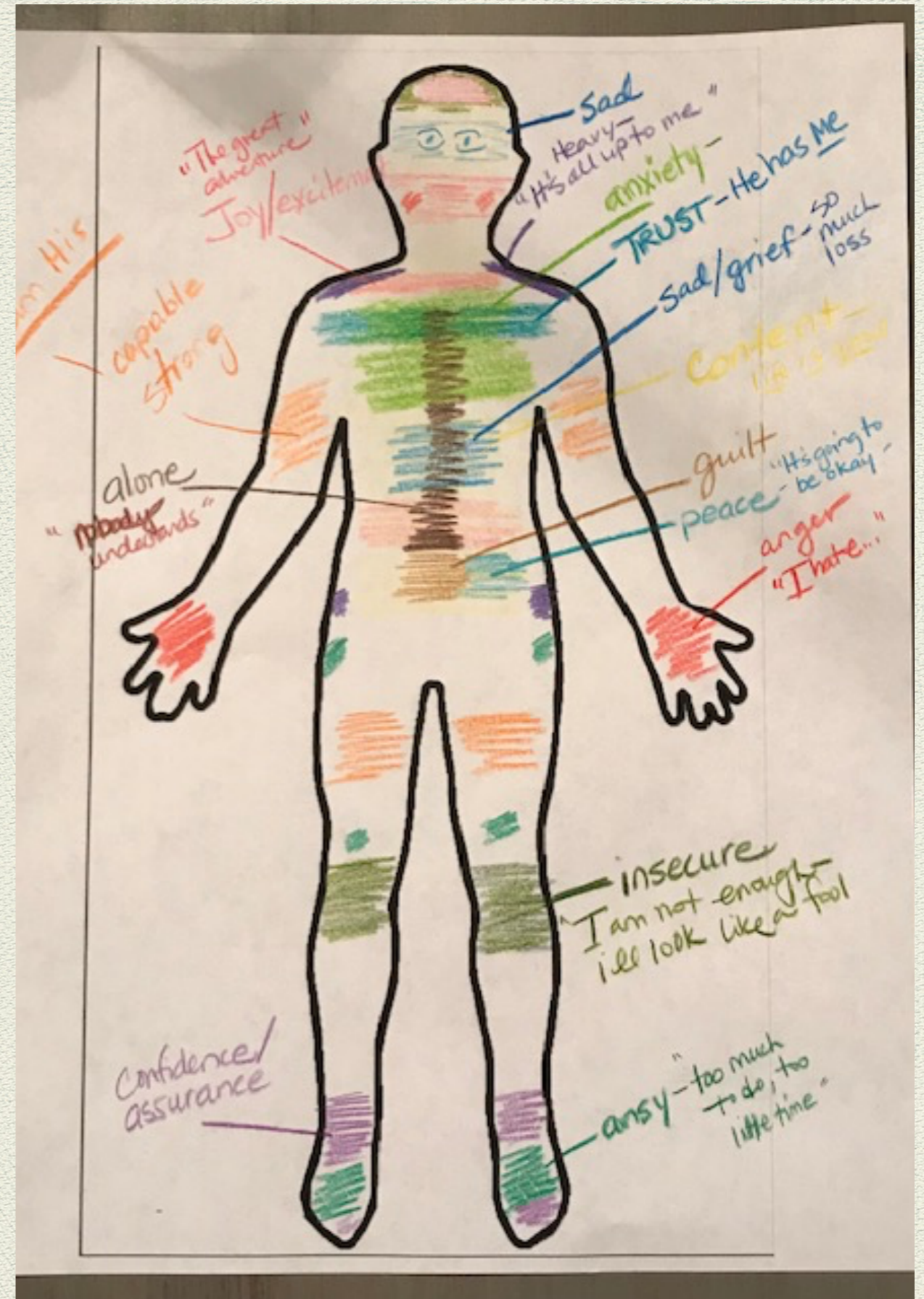
(Mind, Emotions, Soul & Body)



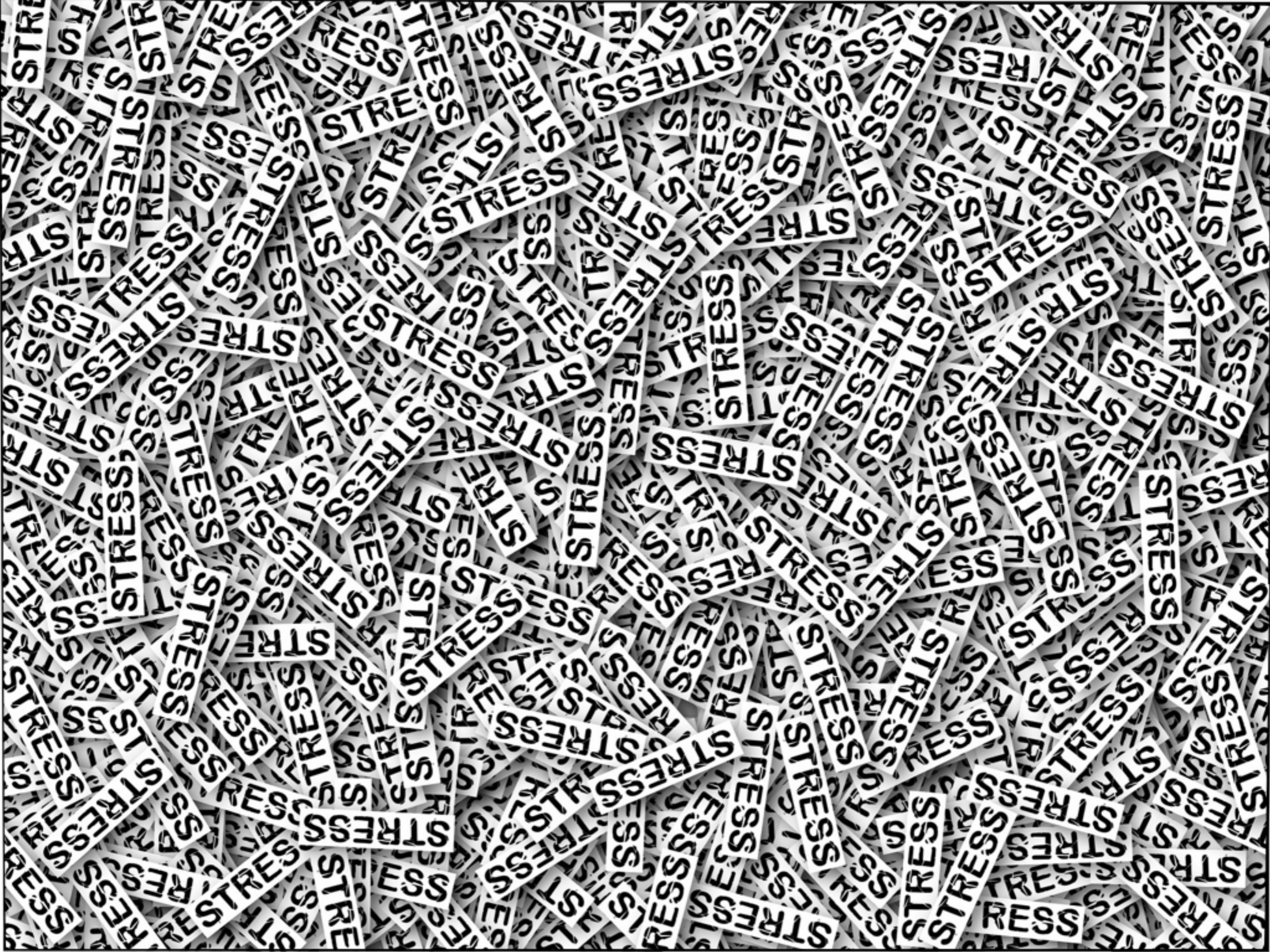


## Feel It To Heal It

1. Name it
2. Where is it?
3. What would it say?
4. What would bring comfort?
5. Advocate for the need.













# STRUCTURE

◆ Power

◆ Priorities





# SHEPHERD

◆ Presence

◆ Perspective





Leaders with courage & integrity  
communicate reality & hope



*Jesus said: "Take Courage. It is I. Don't Be Afraid"*