



Leadership Cohort

KAIROS

Paying Attention. Living with Purpose.

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What matters to you?



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HEART

Heart describes our emotional life — what we love, what we fear, what brings us joy, and how we respond to people and circumstances. Growth involves recognizing our feelings and choosing how to act on them.



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SOUL

Soul describes our inner life — the convictions, commitments, and sources of meaning that shape who we are. For some, this includes a relationship with God; for others, it includes conscience, philosophy, or a sense of responsibility beyond themselves.



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MIND

Mind describes how we learn, evaluate information, examine assumptions, and make decisions. Growth requires both confidence to think carefully and humility to recognize what we do not yet understand.



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STRENGTH

Strength describes how we care for our bodies, use our energy, and develop the capacity to fulfill our responsibilities. It includes rest, movement, nourishment, boundaries, and asking for support. It will look different for different bodies and circumstances.



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NEIGHBOR

Neighbor describes how we recognize and respond to the people around us, including those whose experiences and beliefs differ from ours. It means treating people as partners with knowledge, agency, and dignity.



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TODAY'S TAKEAWAY

Heart: Notice what you feel.

Soul: Live your values.

Mind: Stay curious.

Strength: Care for your capacity.

Neighbor: Listen and serve.

One next step.

Within the next 48 hours.

