

Q & A



Healing Leadership Trauma *Finding Emotional Health and Helping Others Flourish*

November 19, 2024 | \$18, 196, paperback | 978-1-5140-1041-9

There are countless leadership resources, but most neglect the underlying emotional struggles of leaders who are often isolated and suffering in silence. This book lays out the emotional challenges of leadership and offers encouragement, prayer, and therapeutic tools to help leaders begin to face their pain and heal.

Addressing the Ongoing Poverty of Leadership

Why is a book like *Healing Leadership Trauma* especially needed now?

Sheila Rowe and Nicholas Rowe: In the thirty-plus years of leadership roles, we have always noted that one's spiritual condition and one's inner life are reflected in how one leads. The past few years have uncovered a poverty of leadership, which is connected to whether one has attended to one's inner traumas and spiritual wounds. We have seen how people are either blessed or hurt by the inner life of their leaders. Now is the time for us to share what we have seen and learned in the hope that healthier leaders will bless and promote flourishing in their assignments.

How is this book different than other leadership books?

Sheila and Nicholas: Many books and ministries for leaders focus on leadership development. Often the end goal for these resources is to learn how to be a better leader. We recognized a glaring need to shift the focus of the conversation to the emotional struggles of our emerging and established leaders. They are often isolated and suffering in silence. The book is for every leader regardless of gender, race, and ethnicity, or if they work in secular or faith-based settings. This book lays out many of those emotional challenges and aims to offer encouragement, prayer, and therapeutic tools to help them face their pain and to begin to heal.

What do you hope readers take away from *Healing Leadership Trauma*?

Sheila and Nicholas:

- Attachment styles and patterns of relating are formed early in life and continue to affect our lives and how we lead.
- God is with us; we are not alone. Through the power of the Holy Spirit and in our relationships and community, we can begin to heal.
- Through spiritual formation and other practices, leaders can develop transparency, accountability, healing, and resilience.
- As leaders heal, their hope is renewed, and they begin to recover their calling.
- Leaders can learn how to humbly cross dividing lines of gender, race, and ethnicity to help all those they lead to grow, develop, and flourish so they, in turn, can lead well.

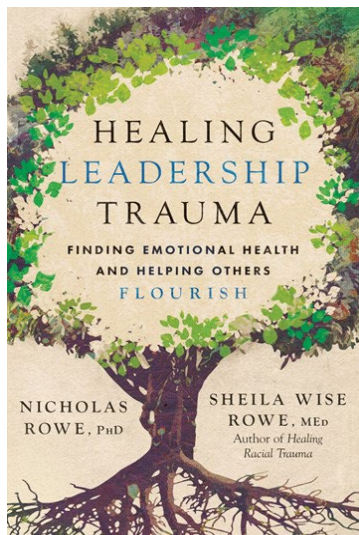


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"There's a dirty little secret in our world: leaders are in triage. The complexities of our ever-connected, often-critical, less-forgiving world is that we are seeing unprecedented resignations in leaders. We're in a leadership emergency. Nicholas Rowe and Sheila Wise Rowe, with the compassion, skill, and wisdom of first responders, offer this thoughtful and practical volume as a salve to heal the wounds and a defibrillator to revive the heart. Pick this first-aid kit up if you want to heal and be revived in your leadership."

Rasool Berry, teaching pastor at The Bridge Church, Brooklyn, New York

From the Author of *Healing Racial Trauma*

"Nicholas Rowe and Sheila Wise Rowe have delved into the core of leadership trauma leaving no stones unturned. With an intentional weaving together from a pastoral, psychological, and personal perspective, they guide the reader-leader to areas easily skimmed over or bypassed altogether. Their thoroughness in explaining the science grants the reader a deep sense of understanding that can disarm and dispel the adverse effects of lifelong emotional baggage. Undergirded and guided by Scripture, prayer, and practical exercises, leaders will experience a spiritual, relational, emotional, and physical refreshing with every turn of the page."

Monique Gadson, licensed professional counselor and host of *And the Church Said* podcast



Sheila Wise Rowe is a graduate of Tufts University and Cambridge College with a Master's degree in counseling psychology. For over thirty years Sheila has counseled abuse and trauma survivors in the United States. She ministered to unhoused and abused women and children in Johannesburg, South Africa, where she also taught counseling and trauma-related courses for a decade. Sheila is a member of the Community Ethics Committee of Harvard Medical School, a policy-review resource for its teaching hospitals. She is a member of Entrusted Women, Spiritual Directors of Color Network, and the Redbud Writers Guild and writes essays for several publications including *The Redbud Hyphen*. Sheila's award-winning book, *Healing Racial Trauma: The Road to Resilience*, was the 2021 best book in Christian Living/ Discipleship by *Christianity Today*. Her book, *Young, Gifted, and Black* released in February 2022. Sheila lives in the Boston area with her husband, Nicholas Rowe, and near their adult children and grandchild. She is a writer, counselor, speaker, retreat facilitator, and spiritual director.

Visit her website: sheilawiserowe.com.

Follow her on Instagram, Threads and Facebook: @SheilaWiseRowe.

Follow her on twitter: @SheilaWiseRowe.



Nicholas Rowe (PhD, Boston College) is a historian and the Hansen Associate Professor of Leadership at Gordon-Conwell Theological Seminary. He has over thirty years' experience in senior leadership roles in higher education and nonprofit organizations and is a consultant in cross-ethnic reconciliation and conflict resolution in the United States and South Africa. Nicholas also provides spiritual direction for individuals and reconciling communities. He and his wife, Sheila Wise Rowe, live in Boston and have a daughter, son, daughter-in-law, and grandchild.



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