


# 5 Principles of **Holistic Care**

Amy Young,  
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Global Trellis



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## The Power of Overstories

Revenge of the Tipping Point by Malcolm Gladwell

Question for the weekend:  
What's your overstory?  
What's our overstory?  
What's God's overstory?

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In January 2024, Global Trellis conducted a survey of cross-cultural workers wondering what they might not be sharing with senders.

358 PEOPLE RESPONDED	79% SERVE ON THE FIELD	15.5% SERVE IN SUPPORT ROLES	5.5% SERVE IN OTHER WAYS
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**SURVEY QUESTION:**  
 "If my supporters, organization, or sending fellowships knew this, it might jeopardize me being on the field or in my support role."  
**What is your this?**


6% Debt + Finances	19% Mental + Emotional Health
7% Politics	17% Faith + Theology
10% Organization	16% Marriage + Singleness
12% Kids	13% Sex, Sexuality + Gender

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- 19% Mental + Emotional Health
- 17% Faith + Theology
- 16% Marriage + Singleness
- 13% Sex, Sexuality, + Gender
- 12% Kids
- 10% Organization
- 7% Politics
- 6% Debt + Finances

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Let's Talk ABOUT IT  
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***We feel beloved, yet forgotten;  
supported, yet lonely;  
attached but disconnected;  
spiritual but parched.***

SURVEY: Issues Cross-Cultural Workers are Dealing With

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# Where are we going?

Holistic Care

**Keynote 1: Five Principles**  
(Foundation)

**Keynote 2: Inward**  
(Spiritual and Relational)

**Keynote 3: Outward**  
(Developmental & Physical)

**Keynote 4: Bringing it all together**

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## What is holistic care?

Then the Lord said to me, “Take again the equipment of a foolish shepherd. For I am going to raise up a shepherd over the land who will not care for the lost, or seek the young, or heal the injured, or feed the healthy.” (Zechariah 11: 15-16b, NIV)

Care → Lost

Seek → Young

Heal → Injured

Feed → Healthy



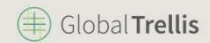
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## 5 Principles of Holistic Care

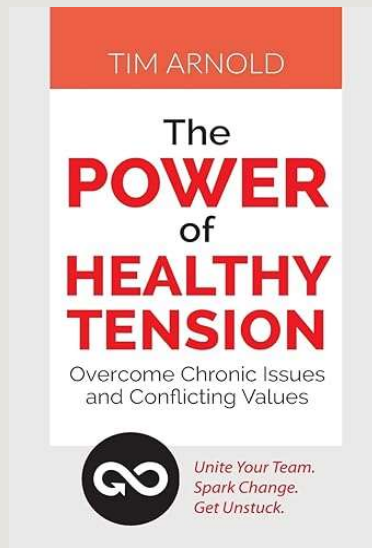


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# 1. Ask Yourself: Is this a Tension or Problem?



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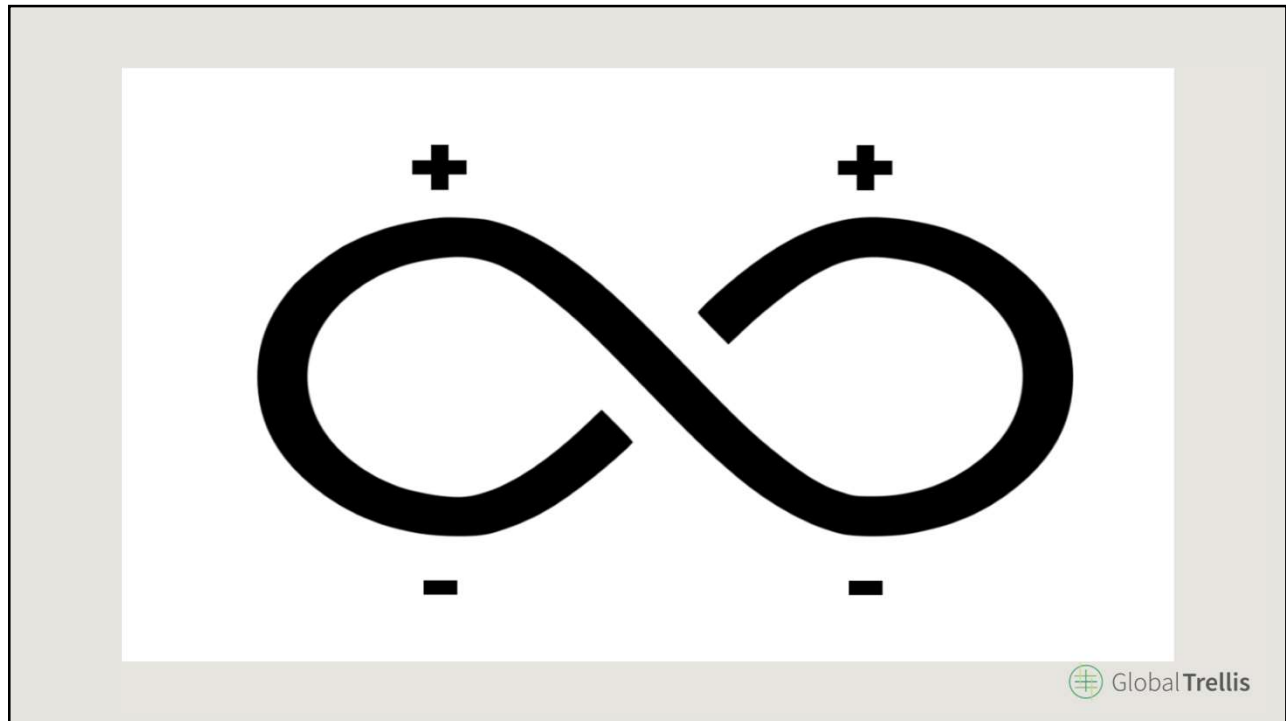


## The Power of Healthy Tension

by Tim Arnold



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1. Ask Yourself: Is this a Tension or Problem?

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## 2. Discern and Pivot



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## 2. Discern and Pivot

What Does the person need?



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## What does the person need?



Dumping Ground  
Resources  
Advocate  
Cheerleader  
Prayer



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## 5 Principles of Holistic Care

1. Ask Yourself: Is this a Tension or Problem?
2. Discern and Pivot



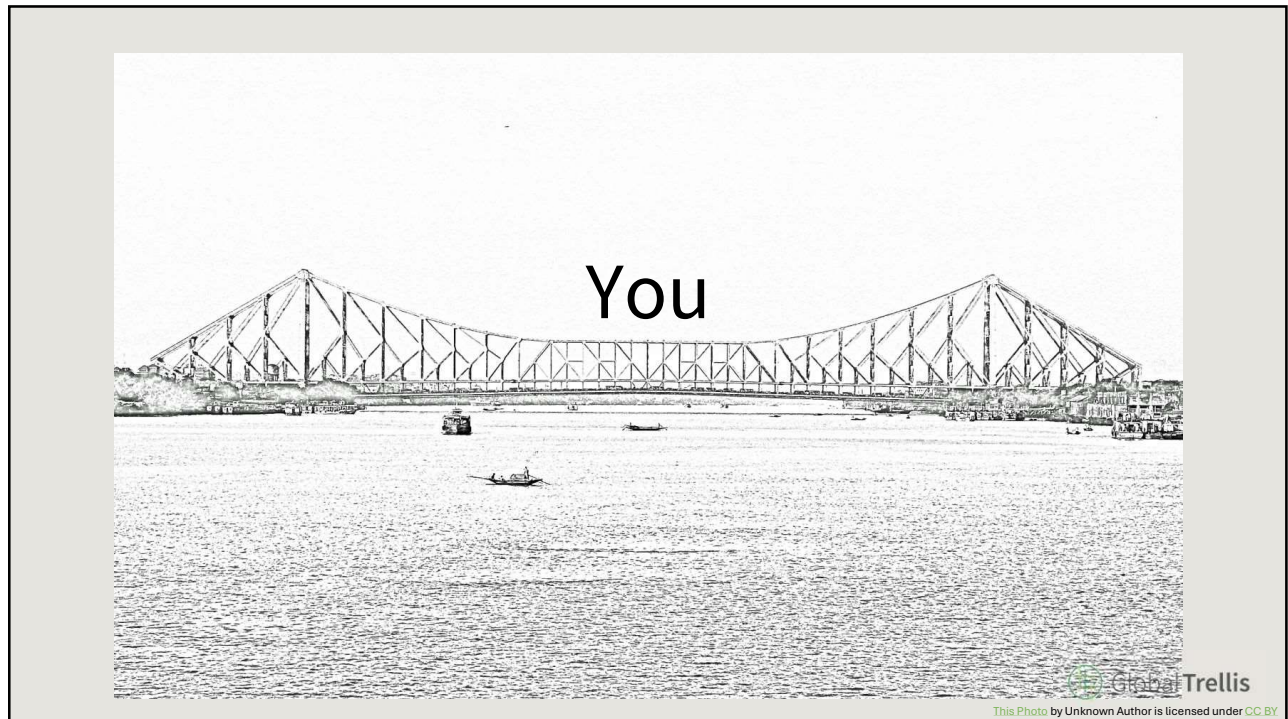
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### 3. See Yourself as a Bridge

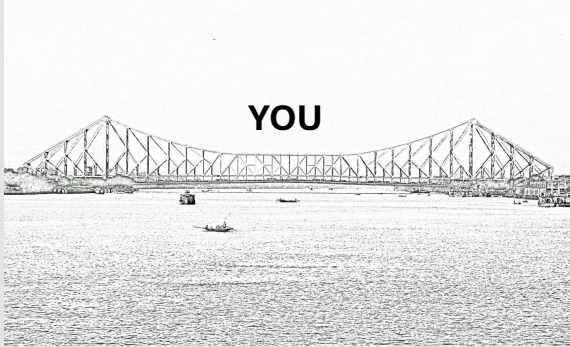


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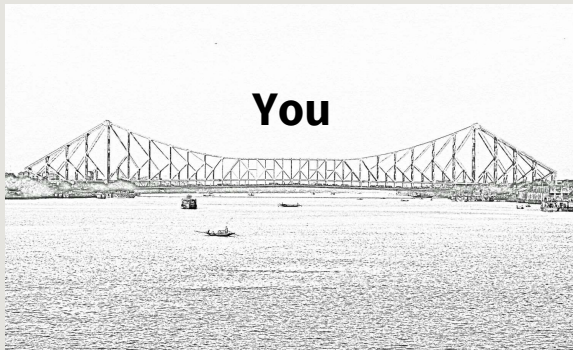
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# Bridge Between



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With the church staff  
 With local resources  
 Teammates  
 God  
 (Drawbridge) 😊



Tender Heart  
 Open Hands  
 Strong Back

## 5 Principles of Holistic Care

1. Ask Yourself: Is this a Tension or Problem?
2. Discern and Pivot
3. See Yourself as a Bridge



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## 4. Develop: Green, Yellow, Red Lens



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Jenilee Goodwin



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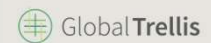
## 4. Develop: Green, Yellow, Red Lens

**Green**—Is there openness, willingness, understanding, curiosity, awareness, participation, and humility for growth, learning, support and help?



**Yellow**—

**Red**—

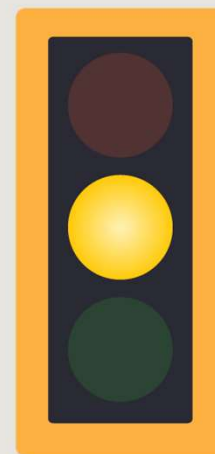


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## 4. Develop: Green, Yellow, Red Lens

**Green**—

**Yellow**—If not yet, is there potential for growth and a willingness to explore areas and ideas for support and help? Is there teachability and possibility?



**Red**—



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## 4. Develop: Green, Yellow, Red Lens

**Green—**

**Yellow—**

**Red—**Do you see rigidness, stubbornness, a sense of rightness, or other signs that growth and change might be challenging? Do you sense defensiveness or lack of awareness?




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## 4. Develop: Green, Yellow, Red Lens



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## 5 Principles of Holistic Care

1. Ask Yourself: Is this a Tension or Problem?
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4. Develop: Red, Yellow, Green Lens



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## 5. Build a Team



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## 5. Build a Team

### Soul Tending and Skill Building

**Bernie Anderson** – business, systems

**Tim Austin** –transitions

**Katie Brown** –grief

**Stacey Covell** –communication

**Janeen Davis** – relationships

**Elizabeth Forshee** – spiritual formation

**Jenilee Goodwin** – coaching (ND, Life Hacks)



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## 5. Build a Team

Janeen –Different versions of ourselves

Jenilee – The need for practical help

Bernie – Uniting the sacred / secular divide



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5. Build a Team



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# Overstories

“Overstories *matter*. You can create them. They can spread. They are powerful. And they can endure for decades.”

Malcolm Gladwell

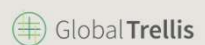


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