



Lisa Slayton ([00:02](#)):

We have to be willing to take on the suffering, embrace the suffering, not just not avoid it, walk towards it and take it on, our personal suffering as well as the suffering for the community, in order for wholeness to emerge. But we don't like that. I would argue that you will never move to the place of wisdom unless you are willing to go to the place of suffering.

Speaker 2 ([00:28](#)):

You're listening to the Faith & Work Podcast, where we explore what it means to serve God, neighbor and society through our daily work.

Jeff Haanen ([00:39](#)):

Thanks for listening to the Faith & Work Podcast. I'm Jeff Haanen, the founder and executive director here at Denver Institute for Faith & Work. And today we're going to explore wholehearted leadership. Let me add a personal note here on emotional and mental health. We are living in a cultural time of deep anxiety, pandemic, businesses are cratering left and right, really high unemployment, racial tensions, a lot of uncertainty. It reminds me of a story, several months ago, I was in airport in Atlanta and I called up my wife and I said, "Honey, I am so exhausted right now. It feels like I am just trying to hold my molecules together and if I don't, they're going to all fall here out on the floor at the airport, Atlanta." And I think that's how a lot of us feel right now in this anxious time. Suicide rates are especially rising among young people here in Colorado, they're very high.

Jeff Haanen ([01:30](#)):

And I think a lot of people are asking, "What does it mean to be deeply, emotionally and spiritually healthy?" How does a leader's emotional health impact their organizations, their employees, their families? How does it influence all of us today? Today we're going to hear from Lisa Slayton and David Park. They originally shared this talk this year at Business for the Common Good. It's our annual event for business leaders who are passionate about professional excellence and using their gifts and their resources for lasting community and civic impact. Lisa is a business consultant and the founder of Tamim Partners. And she's the former president and CEO of Pittsburgh Leadership Foundation. And David is a partner at Greenwood Hospitality Group. He leads their real estate business development. And together in this talk, they explore the work of wholeness and integration for leaders of any type of organization. And I would even add, leaders in the home as well.

Jeff Haanen ([02:23](#)):

Here's what I think you're going to love about this podcast. Lisa is brutally honest. She's really honest about the work under the work. I think a lot of people, especially with power, they tend to hide behind intelligence or their position, but to get to real vulnerability and real pain is really the beginning point of deep change. And then we hear David's personal story and his story that he shared in this podcast of him yelling at his kids and his wife saying, "Hey honey, you need help." That deeply stuck with me when I heard this as well. And hope you enjoy this podcast. Let me also mention that the full presentation is available on our website along with six hours of keynote presentations from the event, panel talks, guided questions for group discussions. Sessions on the website include wholehearted leadership, this one. But also keynote speakers like Katherine Leary Alsdorf, co-author of Every Good Endeavor and an interview with Bob Doll, chief equity strategist at Nuveen.

Jeff Haanen ([03:21](#)):

S6E7: Wholehearted Leadership



You can watch Business for the Common Good on-demand anytime by visiting difw.org/bcg, that's difw.org/bcg as in business for the common good. We'll also link the video library from this episode's show notes. And now listen to Lisa Slayton and David Park.

Lisa Slayton ([03:49](#)):

I am deeply committed to equipping and developing leaders. And I have been doing this for a long time. I built a cohort program in Pittsburgh as part of the leadership foundation and we run 23 cohorts under my leadership. Over 300 leaders went through the program and it was deeply steeped in what I call vocational discipleship. And we're going to talk about that today in a holistic way. So I learned this phrase, anybody heard this phrase, VUCA? This is familiar? Yeah. VUCA came out of the military in the early 1990s. I can't remember which general it was that said it, but he said... He was talking to his troops who had just gone through rigorous training. They're getting ready to send these guys, men and women over to Afghanistan to serve. And he said, "Let me tell you something, all the training you've just done is preparation, but it will not serve you in the environment you're about to go into because you're moving into a place that he described as volatile, uncertain, complex, and ambiguous."

Lisa Slayton ([04:48](#)):

And what I believe and I think what the general was trying to communicate to his people is that it requires a very, very different way of leading. Leading in complexity and leading in ambiguity requires leaders to be able to pay attention and be intentional about everything that they do. So I want to take just a couple seconds here and teach you a practice that is called the executive control of attention. I want you to sit up in your chairs, put your feet firmly on the floor. Everybody sit up right. It's a posture exercise. I have shoulder problems, so my physical therapist is constantly punching me in the back about my posture. And I want you to just take three deep breaths. And while you're doing that, pay attention to your body, feel your presence, feel the support of the chair behind you. And just take three deep breaths with me. One, let it out. You have to let it out. You can't just breathe it all in. That's what we do. We breathe it in and we hold it, right?

Lisa Slayton ([05:53](#)):

Take another. And take another. This is a practice I teach everyone I coach, because in the moment where you enter this thing of complexity and you don't know what to do, if you take the pause, this is a practice of mindfulness. If you can pause and take three deep breaths, you regained control at some level of the things that are triggering you, that are causing you to get reactive or to seize up. We feel everything as leaders and as people in our bodies and we don't always pay attention to that because we're moving so fast. We're attached to busy-ness as Katherine just suggested. 20 years ago, I had the privilege of sitting in a room like this in Pittsburgh and getting to hear from a remarkable woman named Frances Hesselbein. If you know who Frances Hesselbein, she was the leader of the Girls Scouts of America. She turned them around and went on to lead the Peter Drucker Institute for Nonprofit Management for many, many years.

Lisa Slayton ([06:52](#)):

Frances is still alive. She's 90 some years old. She's about this big. Katherine, you thought you had problems seeing over the podium, you had nothing on Frances. And she stood up in front of a room of 500 leaders and she said this, "Leadership is much less about what you do and much more about who you are." Now, we all have learned leadership tips and tricks and their behaviors and practices and all of that is great. But at the end of the day, we must learn how to lead out of who we are. And that's where



the work is. Who are we? Who are we? I've spent a lot of time figuring out how to help people understand who they are. And I have lots of tools in my toolbox and lots of resources that are available, but the moment that we begin to lead out of someone that we think we should be rather than who we actually are, that is the moment when you begin to what I call vocationally disintegrate, you are falling apart.

Lisa Slayton ([07:51](#)):

This is the part of my logo for my new organization, Tamim Partners and the gentleman who helped me do it is interestingly a marketing guy and an Anglican priest all at the same time. And he said, "Lisa, I think I found the first perfect image for Tamim." Tamim is the Hebrew word for wholeness. And I'm going to talk about that in just a second. He said, "I think this image projects what you are trying to help people do, to take this fragmentation, this swirl that they're in and begin to pull it back and release the things they have to release so they can become whole and reintegrated as part of who they are." So Katherine reminded us beautifully this morning that we are image bearers. First and foremost, we are made in God's image and we are co-creators with him in the world. We are called to work with him.

Lisa Slayton ([08:42](#)):

He has given us agency. He has delegated, as we learned this morning from Katherine to us to allow us to co-create with him in the world. God reminds us of this again in the commandments. And Jesus tells us who we are in the gospels. The first commandment is to love the Lord, your God. The Shema is called, love the Lord, your God, with all your heart and with all your soul and with all your mind and with all your strength and then love your neighbor as yourself. There is no greater commandment than this, right? Jesus tells us this. It's written in the book of Luke. It's written in the book of Mark. It's written in the book of Matthew. And if you remember the context of the passage in all three, he's speaking to the Pharisees, he's in some ways very gently rebuking them. They're trying to catch him in the act of not knowing what he's talking about, right? And he says, "No." I think it also shows up in the gospel of John, although it looks a little different as the whole gospel of John does from the other accounts.

Lisa Slayton ([09:45](#)):

I think it shows up in John 15, He says, "Be connected to the Lord, your God, I am the vine and you are the branches and then go out and love people." And he goes on in John 17 to offer the prayer for the people. I believe we are called to be whole creatures. And when we're talking about the strength, we're talking about our physical bodies. When we're talking about the heart, we're talking about our emotional selves. For my purposes today, I'm going to talk about the mental, the mind, not as mental health, which I think for how I'm going to describe it falls more under the heart category, but about our intelligence and how we steward our capabilities and competence. And then finally the spiritual, our soul. And what I found that we do oftentimes is we think about these things in compartments, just like I've presented them here on the screen, right?

Lisa Slayton ([10:34](#)):

We are called to love with our whole selves. But as we go on and look at the passage from Deuteronomy, this word blameless is the word Tamim. But the NIV and many other translations don't get it right. They don't. It's not meant to be blameless or perfect. You shall be blameless or perfect before the Lord, your God. That's a standard that we have no ability to accomplish, the side of the return of Jesus. On the other side, I have hope. I think it translates better like this. You shall be wholehearted and with integrity, you shall stand wholeheartedly and with integrity or with commitment



before the Lord, your God. So, what does it mean to be wholehearted, to live with Tamim? And that's what we're going to talk about here this morning. I want to talk for a moment about my own personal journey to this.

Lisa Slayton ([11:21](#)):

About four years ago, I have done this work for a long time. I've had lots of people around me who speak into my life, but I very intentionally, about four years ago began working with an executive coach and decided if I was going to take my own practice to the next level, I needed to be accountable to someone who had more experience than I, just brilliant woman. And she knows how to deal with my eight self, any Enneagram fans in the room? Yeah. So she's tough, man. And she gives it to me straight. I am not easy, right? The going to the vulnerable side, not my thing. Right? But Jane has been with me all the way. And the conviction that came out of the work that I was doing with her was that I was teaching people about how to live integrated lives. And I was not integrated myself. And that was not okay with me.

Lisa Slayton ([12:05](#)):

And one of the places, not the only place, but one of the places where I had become very disintegrated, where I had allowed the busy-ness of my life to overtake, what I knew to do was in my physical health. And so I went out and found a coach and began to reintegrate all of these things. And I want us to keep this image. We tend to bucket the physical, the mental, the emotional, and the spiritual in these buckets. I'll work on this over here and I'll work on this over here, but that's not how God intended them. He intended them to be all together. And so I went on to work with a coach, the picture on, I guess, it's your left is a family picture that was taken at my mother-in-law's 90th birthday in 2016.

Lisa Slayton ([12:49](#)):

Anybody ever had those family pictures taken, everybody has to wear a white tee shirt and denim or khakis or something? That's the picture. Right? And I looked at myself in this white shirt and I won't tell you exactly what I said to myself, but it was like, "Oh, no, this is not okay with me." Now, here's the deal. I have been married for 38 years, that gives you some sense that I am not a newbie on the planet. Right? I've been around for a while. I come from Italian descent, I was raised that pasta was love. I have a wonderful relationship with olive oil and bread and Parmesan cheese. My go-to comfort food that looks nothing better than a bowl of pasta with a little butter and olive oil on it, sprinkled Parmesan cheese, and it's all the butter. And I realized, even though I knew what to do about how to get healthy, I had come to a recognition that I could not do it by myself.

Lisa Slayton ([13:40](#)):

And so two years ago, right around this time, a friend of mine posted a picture on Facebook of herself, a before and after picture. And the before picture was her. I've known her for many, many years and recognize it right away. In the after picture, she demonstrated that she had lost 60 pounds. And the caption on the Facebook post was, "I lost 60 pounds without breaking a sweat." That's my thing. I'm like, "Sign me up for that." So, I texted her and I said, "Holy what, I haven't seen you in a while. I just saw your post what's going on. I need help, give me some insight." And she immediately texted me back, two pictures of herself in her underwear, which was probably a little more information than I needed, but it demonstrated very powerfully the transformation that she had gone through. And she said, "I'm working with a wellness coach and it's all about fixing your food and I'll put you in touch with her."



Lisa Slayton ([14:28](#)):

And so I signed up with Martha, her name is Martha VanCamp. shout out to beMarthaFit. She runs an online program that's unbelievable. And she changed my life obviously. I lost at the most over 70 pounds and then I went to Italy last fall and recaptured some of my love for pasta and bread. So, I'm still about 60 pounds down, but it was a big deal. But little did I know, that when I made the commitment two years ago, to take on the journey of physical health that I would be entering, what would arguably be one of the most challenging seasons of my professional career. My board, I ran a nonprofit at the time, we were struggling financially.

Lisa Slayton ([15:07](#)):

My board was at odds with one another and some of them were at odds with me. I won't go into the whole story, but I will tell you that if I had not been on this physical journey, during this time and getting healthy and building my own physical energy and capacity differently, I probably would have been hospitalized. And I don't mean for physical problems, although that would have been possible, probably for emotional problems. It was bone-crushing for almost a year. I ultimately resigned that position a little less than a year ago, because the differences were unresolvable and there's a much longer story there. But my physical health had a huge impact on my ability to deal with some of the issues that I had to deal with. I don't know how I would have done it. In fact, it felt a little like... Now, for those of you who don't know that I'm an eight on the Enneagram, you know that controls a thing, just a little bit for me.

Lisa Slayton ([16:00](#)):

And it was the one area of my life that I could actually control. Right? I could manage. I had a plan, the part of Martha's protocol is that you got a food plan. And I knew what I had to eat and what I had to prepare. And it gave me some modicum of preparation. The annoying thing about the whole process was that, in the first 12 weeks when I started her program, I lost 12 pounds and my husband lost 25. Why does it work that way? I don't get that. And he's not even trying. He's just like, he has to eat what I make, because he doesn't know how to cook, right? Like it was by accident like that. He lost 25 and I'm like, "This is not fair. There's something not right about this." Right? So the physical journey, how we are stewarding? We've heard the word stewardship.

Lisa Slayton ([16:41](#)):

Jeff talked about it this morning. Talked about stewarding power. How we are stewarding ourselves. This is what I tell people all the time in my vocational discipleship work that I do. The most important resource, the primary resource God has given you to steward is who he made you to be. So how are you stewarding that? How are you stewarding your physical wellbeing and getting enough sleep? Big deal, right? Eating well enough, are you taking care of your body? This journey, the impact of this journey for me, one of the triggers for me was that a doctor's appointment three years ago gave me some blood test results that were terrifying. Right? My blood pressure was up. I was approaching type two diabetes. I went back in to see my doctor nine months into this journey and she said, "I don't know what you did, but you need no medication. You have reversed the effects of type two diabetes. This is magic."

Lisa Slayton ([17:35](#)):

I said, "No, it's really hard work actually. Let me tell you about it and how much I've said no to." But it became a discipline and became part of my own spiritual practice and discipline. And it still is to this day. I'm probably a little looser about it than I was in that first year. But still to this day, I don't want to go



back there. And I know that it's possible for me to do that. And it has changed how I think about my emotional wellbeing, my mental wellbeing and my spiritual wellbeing. It's a huge part of my own journey.

Jeff Haanen ([18:05](#)):

Hi, this is Jeff Haanen, the founder of Denver Institute for Faith & Work. And thanks for listening to the Faith & Work Podcast. And for letting me interrupt you briefly to share this request. I want to ask you to consider becoming a financial contributor to Denver Institute. Each day, thousands of people listen to our podcasts, engage our short courses and grow spiritually as a result of generous donors like you. Each podcast episode is 100% funded by generous donors who believe that work as a way to love God, serve our neighbors and demonstrate the gospel to our world. If you've enjoyed the Faith & Work Podcast, would you consider paying it forward by giving right now? You can give by visiting difw.org/donate or by visiting the show notes page from this episode. Whether it be \$50 a month, \$25 a month, or a gift of any amount, we are so grateful for your support. Again, you can give by visiting difw.org/donate or by checking out this episode's show notes. Thanks again for your generosity towards God's people and toward the mission of Denver Institute. And now back to the Faith & Work Podcast.

Lisa Slayton ([19:08](#)):

As you listen to David unpack his own story, it's a journey, right? We're on this journey and it takes time and it takes the willingness to release some things. I don't know if you caught the little phrase in there, but the path to life is death. Things have to die inside the chrysalis in order for the caterpillar to... Things in the caterpillar are not in the adult butterfly, they have to die away. And I think that's part of our own journey towards this idea of wholeheartedness and particularly emotional wellbeing. So David, give us a little picture of your own story. You're living in Houston, developing real estate, beautiful family, beautiful wife. I've met Jean, his wife, she's delightful. Gorgeous little boys, life's great. Right? What's going on?

David Park ([19:51](#)):

That's right. You all, it's great to be here with you. So one housekeeping note. I didn't realize that the appropriate attire was blue jeans and so, don't let my tire be a division between [crosstalk 00:20:07]. It's funny, because in New York where I moved six months ago, I'm in blue jeans every day and I come here I go, "I should have brought the jeans." So yeah, life was kind of perfect, right? Got a suspicion, the sense of that something wasn't quite right. And it came out in different ways, but it's easy to ignore those kinds of signals. Not really pay attention because everybody has problems, right? It was about two and a half years ago. The big catalyst for me to start paying attention was when I was putting the kids to bed. And it was a normal day. They started complaining about having to go to sleep.

David Park ([20:48](#)):

And it was like, "Oh, we didn't do anything fun today." And we actually had done something fun that day and they just kind of forgot about it as kids do. And I absolutely laid into them, kind of had this rage meltdown, the Rage Monster from Dude Perfect. And I told myself, "I am going to make them remember this moment. I'm going to scar them intentionally so that they understand forever how grateful they are, how entitled they are." And I had this, I wasn't rationally thinking, but afterwards I was saying, "What I was trying to do was keep them from harm. We don't want them to be spoiled kids as I was doing something good." But I cornered them eventually in the room, yelled at the top of my lungs, as hard as I



could. They were crying and weeping and huddled together. And so I tried to terrorize my kids and after I was done and my wife thought it was safe, she came up to me and said, "You need to get some help."

Lisa Slayton ([21:46](#)):

Your wife, just so everyone knows, his wife's a therapist.

David Park ([21:49](#)):

Yeah.

Lisa Slayton ([21:50](#)):

So I think it's an important [crosstalk 00:21:52] story.

David Park ([21:51](#)):

So imagine being married. Yeah. So she was educated as a... Yeah. She got her degree while I was in business school. Yeah, I'm married. She kept gently trying to inform me of things that I might want to pay attention to, I ignored her for 10 years. And so I looked at my kids. I remembered that moment. I said, "You know what I'm doing? I'm becoming my parents." And my parents are beautiful people who have tried to follow Christ, but they even inherited and lived through trauma that I will never understand. Korean war, Japanese colonialism, things that I never went through. Moving to America, and I don't blame them, but there were part to my story that I didn't understand. And they were coming out as a father and as a husband. And I asked myself, "Am I okay with doing this once every few months? Is that okay? Once a year, even."

David Park ([22:43](#)):

I knew it was going to happen again. I've been putting that day off for years. I just knew it was going to happen again and it broke my heart. So, I called the counselor and he wasn't available to see me for a few months. So that's fine. I'll wait. The week before I went to see him, Hurricane Harvey came through and flooded our house. And that was the second catalyst for us was God kind of saying... I'm a product of a nurse so like I'll change my life eventually. He got us out of our home. It really kind of had us rethink the next chapter of life. So, that's a little bit of the story. I could go back hundreds of years and talk about my family. But that was two and a half years ago was really the catalyst.

Lisa Slayton ([23:31](#)):

And so there were these kind of moments or that marked and began to wake you up.

David Park ([23:36](#)):

Right.

Lisa Slayton ([23:36](#)):

Or say too, "Oh my goodness. For all my education and capability and competence, there's something missing here that I have to really pay attention to." And the work, you worked with a therapist, I've worked with therapists, it's necessary and it's hard and it's also terrifying, right? Because you're going to dig at things that you've created a lot of barriers to keep yourself from dealing with.



David Park ([24:00](#)):

Right.

Lisa Slayton ([24:00](#)):

That's part of the wholeness journey is to say, "Okay, I'm going to let some of that down." And it's really scary. Your chrysalis, interestingly was as you embarked on this journey, part of it anyway was an airstream.

David Park ([24:14](#)):

Right. That's right. So...

Lisa Slayton ([24:17](#)):

That your house is destroyed and there's your family and your you've committed to engaging on this journey of emotional health. Probably not even knowing all that was going to be involved.

David Park ([24:27](#)):

Right.

Lisa Slayton ([24:27](#)):

And you made another decision for your family. Talk about that a little bit.

David Park ([24:30](#)):

That's right. So one of the things I realized in trying to unpack what was driving my anger and ultimately the fear that was driving the anger was going back and understanding my family of origin, my parents, and understanding their story a bit more and just understanding. What I didn't know though, was we were in such close proximity to them in community with them that I didn't know how much my relationship with them was affecting my relationship with my own family. And not knowing, the first thing I had... It's like when you do some work around your diet and you're not sure what is affecting you, sometimes you take a lot out and you start adding things back.

Lisa Slayton ([25:07](#)):

That's right.

David Park ([25:07](#)):

I had to redraw boundaries with my family of origin in very sort of painful ways at first. Ways that they didn't understand and culturally have no context for. The Korean culture is one without boundaries within families. The idea of boundaries is offensive really. But I had to understand who I was apart from my family of origin and I had to do some healing work. So we took that little bit overboard. We'd have to get an airstream, but we got a trailer and a truck. I'm not a truck guy, I'm from Texas and then traveled around the country for a year. Now this isn't prescriptive. I don't think this is like what you have to do. But this was sort of like to me, a generational response, sort of like I'm reclaiming time that we have sacrificed for generations for the sake of our kids.

David Park ([26:00](#)):



And I was going down that same path of everything, all the sacrifice, all the sacrifice. I never saw my parents growing up. They worked seven days a week, day and night as many immigrants do and appreciated the sacrifice, but that was time we'll never get back. And I just said, "This feels very wrong on many levels, but we're going to take this time." And it took about four months before I stopped waking up like something was dreadfully wrong. I thought God was going to send a lightning bolt. You're not being productive. You're not honoring your parents. You've walked away from things that could be very fruitful, what are you doing? But it was an incredibly joyful time of healing connecting with my children, reestablishing a family rhythm. And again, it doesn't require, you don't have to do something so extreme, but I knew that if I didn't leave Houston, I was leaving the door open to slip back into the same rhythms.

Lisa Slayton ([27:09](#)):

Yeah. That's right.

David Park ([27:09](#)):

So we picked the leaving process and went the extra mile on that but anyway, it was a wonderful year.

Lisa Slayton ([27:17](#)):

Or 30,000, right?

David Park ([27:18](#)):

That's right.

Lisa Slayton ([27:18](#)):

How many miles?

David Park ([27:19](#)):

Yeah. We kind of did this around the country in Canada. So we put on the miles.

Lisa Slayton ([27:25](#)):

And I think there's something really important there to David's point. For many of us, the journey is not going to be to put our family in a trailer, a mobile home and drive around the country for a year. But we do have to create distance from things that we have strong attachments to that are pulling us in a negative direction. I know in my own physical journey, one of the things I did was, the pantry got totally cleaned out, right? Because I know the things that tempt me. And if they're in the pantry... My husband looked at me one day. He's like, "Am I never going to have a cookie again?" I'm like, "Just for the beginning." Like let me build new muscles around this so that I can get stronger."

Lisa Slayton ([28:06](#)):

And then, I think there'll be certainly be a point at when I'm kind of reentering reality because you have to live in reality that I can navigate my way around things that can be present in my house that are tempting for me, but I can learn to say no to. Or mitigate the impact if... So my commitment in Italy where we went for two weeks in the fall was not to eat Italian food, but my commitment was to walk at least 10,000 steps a day. I figured at least that way I would, and in Italy, that's easy to do. Because I knew I was going to eat, right? How can you be in Italy and not eat pasta and Parmesan cheese? So you



have to create space for these new muscles to get formed. And that's really what you did. So the journey unfolds, you're doing this work, kind of having this adventure with your family. What was the learning in that year, in your own emotional journey? What were some of the highlights or the takeaways that you would share with us?

David Park ([28:59](#)):

Right. Right. So in many ways I feel like I'm still so early, early innings in the game of this transformative work, but it has been transformative. Okay? So, one of the things I've learned is that you don't need to have a degree or get a PhD or study for years to be transformed by the process. You just need to take a step in a direction towards that valley and look at your life in a very honest way. And with people that will be honest with you, pick up a book or a podcast, or have an honest conversation with a coach or a therapist. And anything you do in that direction and I think can be transformative. And so, that's one thing I learned was just that God is faithful in that. You take a step and you start to see things and learn things that can be helpful.

David Park ([29:52](#)):

The answer to the problem isn't to run. So eventually you got to deal with yourself, right? So a lot of people go to a new job, a new city. You know what, all you got to do is get a fresh start. Everything's going to be fine. And then they realize, wait a minute, I'm still here and-

Lisa Slayton ([30:11](#)):

That's the changed factor, right?

David Park ([30:12](#)):

That's right. And eventually you got to deal with yourself. So I was doing some of that work before I left. And I've started that up again now that we've stopped traveling. It was hard to do that when you're driving and dealing with the kids. Another thing that I learned was that the boundary issue for me. So, we all have different things that we're going to find helpful on the journey. We all have different ways to grow. And for me, a big thing was the identity issue, the differentiation issue-

Lisa Slayton ([30:42](#)):

That's right. Yeah.

David Park ([30:43](#)):

... and being physically separated from my parents and being able to say no to them. I'm in my forties, finding it hard to say no.

Lisa Slayton ([30:52](#)):

That's right.

David Park ([30:53](#)):

And if any of you all can relate to that. Like something was wrong with that picture. I couldn't own my yes or my no. I couldn't figure out what I needed or wanted, totally ignoring myself for the service of others or to please people. And that's something that eventually you got to deal with that, right? Or I had to deal with that, not you, me. So those are the few things. I'm still in the process of unpacking



some of the things from the journey, but mainly that was a time to enjoy family and do that, dealing with the guilt, some shame around just enjoying. Like I was a kid growing up, don't ever miss school, don't ever take a vacation. There's nothing better than work and serving. And when you stop doing that, you feel guilty. And so just getting through that, like being able to enjoy a day without saying, "What did I do? What did I do." was growth.

Lisa Slayton ([31:51](#)):

Yeah, huge growth.

Speaker 2 ([31:57](#)):

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