

THE IRON BRIEFING



OCTOBER 2024

...Not by might nor by power, but by my Spirit,' says the Lord Almighty.

— Zechariah 4:6

HEALTH TIPS

The "food is medicine" philosophy encourages a holistic approach to health, where nutrition is prioritized as a first line of defense. But when illness occurs, modern medicine plays a crucial role in treatment. Together, they offer a powerful combination for maintaining health and healing.



VISIT THE HEALTH TIP PAGE

CELEBRATING IRON CONFERENCE 2024!

We enjoyed an incredible weekend at Amicalola Falls last month for our Iron Conference. Joel Manby delivered wonderful content around building a love centered culture in our homes and the organizations we lead.

Not only that, but we also had plenty of free time to connect with each other, enjoy the beautiful mountain views and endless buffets. Here's what some of the participants had to say...

I got to connect with a bunch of men and their wives, learn from the speaker and other members, and pour into others! I'll definitely be back next year!

- Tom Flaim (Gainesville)

I learned a lot about humility, faithfulness, and honesty that hit deep and convicted me, and it's been a wonderful experience.

- Nick Nickell (North Gwinnett)

The powerful thing about this weekend was just to see the room full of people that want to be connected together; that connecting with God isn't just about my quiet time.

- Adam Hicks (Gainesville)



NOVEMBER READING PLAN

Our November plan will be on "A Life of Thanksgiving". Contact Barry to join us.



TO CONTACT A BOARD MEMBER OR VISIT ANOTHER LOCATION, VISIT [IRONFORUMS.ORG/FORUM-LOCATIONS](https://ironforums.org/forum-locations)

TRACTION TIP

**YOU CAN'T HANDLE THE SHAME!
PART 3: CORRECTION**



Jim Wilder writes in his book, *The Pandora Problem*: "Without healthy shame there is no transformation." Allowing a narcissist's toxic behavior to go unchecked worsens team dynamics. Healthy shame messages give individuals a chance to grow and become more Christ-like. Unlike toxic shame, which devalues a person by suggesting they are inherently bad, healthy shame communicates that their behavior is not acceptable and encourages improvement.

Healthy shame is rooted in compassion and aims to help individuals form more joyful relationships. It communicates "We are not glad to be with you" when helping us notice what we did that wasn't good for our group. It sends a message that while current behavior is harmful, better ways exist, and improvement is possible. The goal is growth and better relationships, not fixing the person.

When someone cannot accept a healthy shame message they usually react with: 1) self-justification, 2) denial of the problem, or 3) pain for the messenger. When it is the owner or boss, they will use their status and these responses to suppress dissent. It is unlikely that they will ever transform.

Watch yourself! "If you're pointing your finger at someone calling them a narcissist when they growl at you and you growl back or complain about them, then you have just become the narcissist," says Barbara Moon.

Proverbs 15:31: "Whoever heeds life-giving correction will be at home among the wise."

When you feel shame from correction do you self-justify? Do you blame, defend, or attack? Or do you receive and process it in a relationally healthy way?

Can you handle the shame? Let's talk:

brent.stromwall@eosworldwide.com.

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MEMBER SPOTLIGHTS



CHRIS CUSHMAN — NORTH GWINNETT

My favorite thing about Iron Forums is that I can go deep on business strategy and/or get detailed feedback on family issues. The total transparency pushes me to grow.

My business is called Legacy Planning Advisors; on the surface we help families steward their wealth with clarity, confidence, and capability. On a deeper level we empower our clients to create and achieve purposeful legacies of wealth beyond mere riches!

Married to Tracie for 13 years, Elijah (9), Ellie (7). Home church is The Vine Community Church.



SUMMER FINCH — WOMEN AT SUGARLOAF

Iron Forums has provided me a space where I don't have to be the leader or expert. I can be transparent about struggles and receive input from other believers and strong business leaders.

After quickly growing in corporate America, Finch House Recruiting was started as a result of walking through open doors that the Lord provided when I was offered to do contract positions. I launched my business and within a year was making more than when I worked in corporate. I have been in business 7 years and have continued to grow every year, working for mainly manufacturing and service organizations recruiting exempt level positions up to C-Suite. I love partnering with companies to find not only the right skill set but also the right cultural fit for their team!

Married to CJ (15 years), Reese Olivia (10), Oakley Christopher (6). Home church is Hebron Church in Dacula.

MEMBER SPOTLIGHT INVITATION

We'd love to spotlight four Iron Forum members each month in our Iron Briefing. We invite you to submit yourself or another member in the community by emailing Kyra Jarrett at kjarrett@ironforums.org.

