



# Ignatian Leadership Seminar Capstone Project by Elizabeth Newman, Office of Residence Life

## REFLECTION

The Ignatian Leadership Seminar inspired me to integrate spiritual principles into my work as Residential Services Coordinator for the Office of Residence Life. Since my family has been rooted in the Catholic faith for centuries, I felt the spiritual practices rooted in Christ Jesus resonated with me most.

For this reflection, I decided to focus on The Daily Examen and Ignatian Communal Discernment. Based off of these two spiritual techniques, I decided to use two principles from each to create a professional day-to-day outlook. Therefore, as I serve as a leader, I strive to: have a God-oriented perspective, listen to all voices, view every day as a gift, and use Ignatian Indifference.

### Daily Examen

#### GOD-ORIENTED PERSPECTIVE

The Daily Examen encourages us to review the day, including noticing God's presence. I strive to discern how God is placing me in my role to serve the community, how He is working in those around me, and how He is transforming the landscape around us for his pilgrim church on Earth.

#### EVERYDAY IS A GIFT

The Examen asks us our response to God in our life. I think the best response is know that every moment is a gift from Him. Instead of focusing on numbers, it is important to use every moment to glorify God. I strive to have a solid balance of my relationships, my work, and the joy to be alive.

### Ignatian Communal Discernment

#### LISTEN TO ALL VOICES

Discernment requires us to actively listen to those around us. It allows us to see where others are coming from and how everyone's strengths can contribute to the good of the team. I strive to listen carefully and share my ideas with thought and care so that I do my best to glorify the Lord.

#### USE IGNATIAN INDIFFERENCE

A sense of detachment is important in a professional workplace to cultivate decisions that focus less on my own desires and more on the will of God. Knowing that everything is according to His plan and not my own keeps me humble when there is success and at peace when the unexpected happens.