

June 2024 Round Table Meeting Agenda

Opening Prayer, Pledge of Allegiance, and Introductions

CBRT The Business Round Table

Vision: Reflect Christ's glory in the workplace and expand the Kingdom.

Mission: To bring Christ to the marketplace, foster fellowship and promote the adoption of Christian values through the influence of senior business leaders.

Round Table Participants (1-2 minutes, Optional)

Ask for name, business, personal, and professional best this past month & a current challenge.

Topic: Stress and Anxiety Solutions for Leaders

- a. Have you found effective strategies for delegating tasks to employees or outsourcing responsibilities to reduce stress?
- b. What boundaries have you established to prevent work-related stress from impacting your personal life?
- c. How do you prioritize your physical health?
- d. How do you seek support from friends and family to cope with stress and anxiety?
- e. How do you manage expectations from yourself and others to avoid unnecessary stress?
- f. Have you found setting realistic goals and timelines helpful in reducing performance anxiety?

Applicable Bible Verse(s) ---

"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God" *Philippians 4:6*

Individual takeaways and "Wisdom to Share" from today's meeting.

1. What action can I take today based on the outcome of this meeting?
2. What "Wisdom to Share" was gained to include in CBRT's monthly blog?

Proverbs 27:17 *"As iron sharpens iron, so one man sharpens another."*

Closing with prayer: All participants engage with a prayer close.

New RT registration 	Detroit - 6.21.24 	Grand Rapids 7.19.24 
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