

Lead With Grace Across Generations

Session 2 of 3

Patterns Under Pressure: How Families Cope with Tensions

for

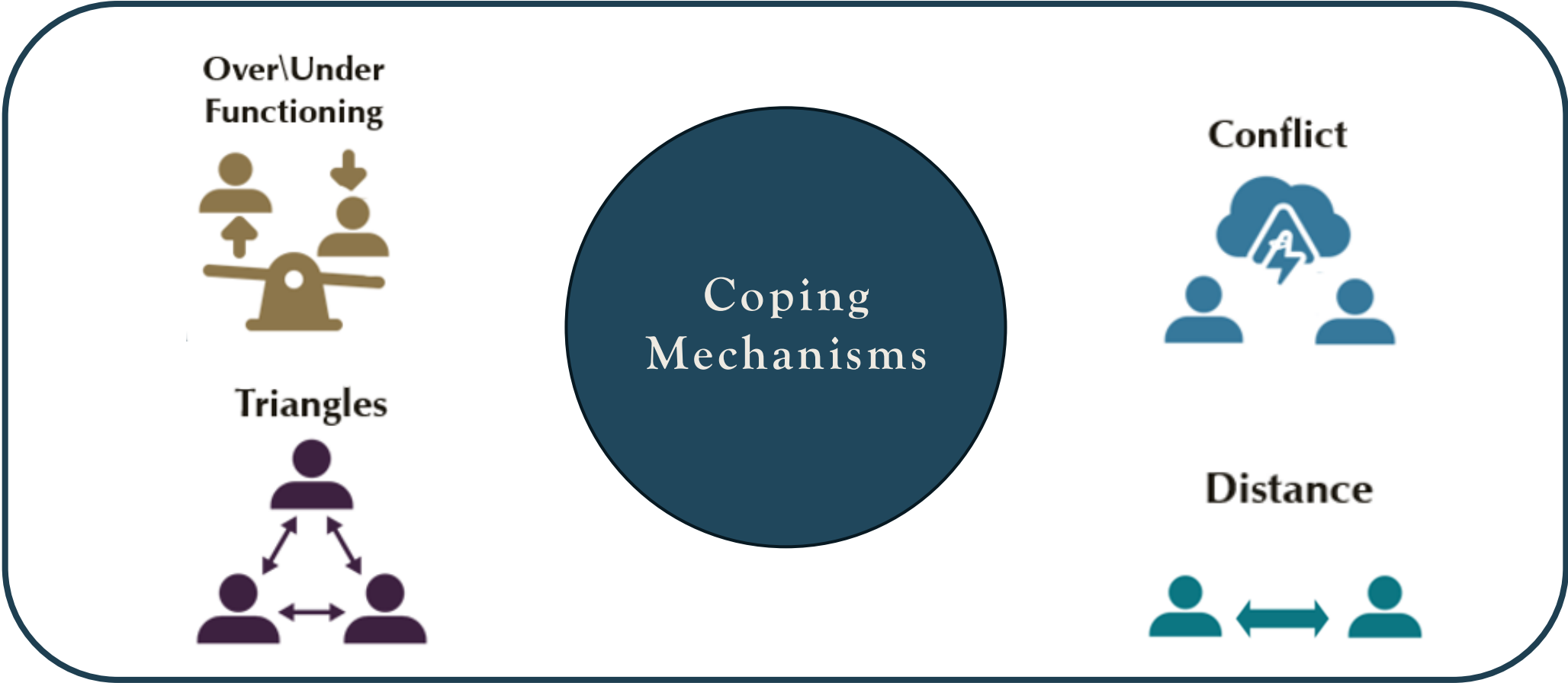
John R. Leavitt, CPWA®
Palm Beach Associates, Thrivent Financial
&
TennisNRG Charitable

by

Thomasina Williams

April 22, 2026

4 DEFAULT PATTERNS



SELECTED RESOURCES

[The Bowen Center for the Study of the Family.](#)

Gilbert, M.D., R. M. (1999). *Connecting With Our Children: Guiding Principles for Parents in a Troubled World*

Gilbert, M.D., R. M. (2017). *Extraordinary Relationships: A New Way of Thinking About Human Interactions, Second Edition*

Papero, D., Frost, R., Havstad, L., & Noone, R. (2018). "Natural Systems Thinking and the Human Family." *Systems*, 6(2), 19. <https://doi.org/10.3390/systems6020019>

Smith, K. (2019). *Everything Isn't Terrible: Conquer Your Insecurities, Interrupt Your Anxiety, and Finally Calm Down*

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Session

May 27, 2026

**Steady in the Storm:
Leading Yourself
Through Family Tensions**

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