

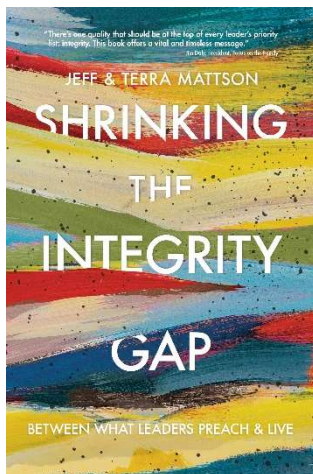


For Immediate Release

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WHEN LEADERS LIVE WITH INTEGRITY, EVERYONE BENEFITS

JEFF & TERRA MATTSON EMPOWER LEADERS TO SHRINK THE GAP BETWEEN VALUES THEY PREACH & VALUES THEY LIVE



Colorado Springs, Colo. — Leaders who preach one set of values yet live by another are not just harming themselves. A leader's lack of integrity may generate immense internal guilt and shame, but it also limits the effectiveness of any organization he or she leads. The larger a leader's integrity gap, the larger the impact on their business, church and family.

Jeff Mattson (MA ORGL) and **Terra Mattson** (MA LPC, LMFT) have each invested more than two decades in leadership coaching and trauma-informed therapy – and have helped national organizations and churches navigate difficult leadership crises. The Mattsons bring their unique experience and wisdom to their first book together: ***Shrinking the Integrity Gap: Between What Leaders Preach and Live*** (October 2020, David C Cook).

Jeff and Terra are the married co-founders of Living Wholehearted and the Courageous Girls movement. They coach leaders in a variety of settings, from corporate offices to leadership retreats and individual counseling. Their professional experience and research have formed their unique perspective on the relationship between leadership and integrity.

“When leaders live with integrity, everyone benefits. And when leaders live without integrity, everyone suffers; it’s just a matter of time,” write Jeff and Terra Mattson. “As leaders shrink the gap between the values they preach and the values they live, they are set free to live wholeheartedly. This is how leaders rebuild integrity, how health is restored to their organizations and families.”

Topics addressed in *Shrinking the Integrity Gap*:

- ❖ **TRAUMA** - Integrity gaps are often rooted in past trauma. Leaders can shrink this gap as they process their past, drag fear and pain into the light, and learn new skills to overcome their triggers.
- ❖ **GUILT AND SHAME** – Leaders who are hiding trauma, or their unhealthy responses to it, live with immense guilt and shame. As they learn to trust God and others with their shame and seek forgiveness, their lives begin to exhibit peace, healing and greater integrity.
- ❖ **NARCISSISM** – There is a difference between a narcissistic personality disorder and simply a “me centered” lack of character. Healthy leadership must cultivate empathy and embrace a holistic type of leadership where character matters and consequences are experienced.
- ❖ **BLIND SPOTS** - Failure to ‘listen well’ creates an integrity gap as well as blind spots. By learning to listen well, leaders can build trust, develop intimacy, and promote efficiency.
- ❖ **ISOLATION** - Most leaders never intend to be lonely, yet isolated leaders are vulnerable and cannot see themselves accurately. As they begin to recognize their need for others, healthy leadership can flourish.

Shrinking the Integrity Gap arrives October 2020 and is the first book co-authored by Terra and Jeff Mattson. Earlier this year, David C Cook published Terra Mattson's first book, *Courageous: Being Daughters Rooted in Grace*, which invites women to discover and model faithful, courageous living—for themselves and for the girls who look up to them.

Jim Daly, president of Focus on the Family, recently interviewed Terra Mattson and recommends *Shrinking the Integrity Gap*: "Great leaders are characterized by virtues such as courage, vision, and decisiveness. But there's one quality that should be at the top of every leader's priority list: integrity. Jeff and Terra offer a vital and timeless message for those who desire to be above reproach in their leadership."



Jeff Mattson (MA ORGL), and **Terra Mattson** (MA LPC, LMFT) advocate for healthy leadership as the founders of the Living Wholehearted podcast and visionaries behind the global movement Courageous Girls. Jeff, an executive leadership coach, and Terra, a licensed therapist and author of *Courageous: Being Daughters Rooted in Grace*, are raising two daughters in Oregon. www.livingwholehearted.com

David C Cook is a nonprofit organization dedicated to publishing and distributing leadership and discipleship resources to help Christians all over the world grow in their faith and pass it on to the next generation.

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***Shrinking the Integrity Gap:
Between What Leaders Preach and Live***
By Jeff and Terra Mattson

Available October 1, 2020, from David C Cook
Price: U.S. \$24.99 Format: Hardcover
Pages: 288 ISBN: 978-1-4347-1261-5
BISAC category: Religion / Christian Living

Review copies, reprint permission and interviews are available
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