*Jesus said, “I have come that they may have life and have it abundantly.” I believe that holistic wellbeing is a dimension of the gospel call upon our lives as followers of Christ, as well as an essential art form for all effective leaders. When a ministry leader creates and maintains a Rule of Life for wellbeing, they are able to consistently offer their family, church, and community a better version of themselves. Attention is shifted away from overwhelm and discouragement and toward building capacity for fruitfulness. I have repeatedly seen wellbeing trajectories shifted with dedication to micro-practices such as meditation moments, increased physical movement, initiating time with friends or colleagues, small changes in patterns of healthy eating, or finding an hour a week for creative expression. Positive energy flows. Resilience for inevitable challenges is increased. And perhaps most importantly for the church in this season, capacity for innovation and adaptive leadership expands.*

Many women in ministry are struggling.  Some are just hoping to survive.  The losses of the recent pandemic are layered with difficult conversations and losses associated with disaffiliation.  Even before these two challenges, many mainline Protestant churches were experiencing declines by traditional measures. What is the way forward for effective leaders in uncertain times?

1. We need to focus on small steps.  We often underestimate the transformative power of daily habits and mindsets which require little time but regular practice.
2. We need to step back enough from day-to-day routines to gain perspective.  Group coaching offers a wealth of opportunity for idea-sharing with others in similar settings of life and work.  Hearing that others also experience challenges and struggles offers insight and encouragement.
3. We need to step together with others.  Our experience as leaders in a world of working remotely, has created an even greater need for connection.  Group coaching provides inspiration, encouragement, and safe accountability for moving forward.

The Art of WellBeing invites leaders to commit to simple, practical ways to cultivate positive energy, resilience, and creativity for innovation.  The online course utilizes a “coach approach” process in which the primary resource is the internal wisdom and expertise of participants rather than prescriptions from a teacher.  They will be guided to generate self-awareness and clarity about all dimensions of their wellbeing—spiritual, emotional, mental, creative, physical, and relational. Each session consists of intentional conversation grounded in participants’ pre-session reflection.  Each session ends with a small step action plan which includes accountability.  Previous participants have reported that group coaching conversations fostered productive and meaningful outcomes in their energy, creativity, enjoyment, and effectiveness as a leader.

*The Art of WellBeing is not a crisis intervention tool but rather a process for inspiring, encouraging, and equipping excellence and effectiveness in ministry among the often-silent middle-tier of exhausted and disillusioned clergy.*

***What’s Included?***

* ***Peer Group Learning Sessions—***Six bi-weekly 90-minute Zoom sessions introduce evidence-based lifestyle themes along with opportunities for discernment, fruitful conversation, & meaningful self-discovery
* **Individual Coaching Calls—**Two individual coaching sessions to further discern, make choices, & design a custom Rule of Life to cultivate their own chosen habits of wellbeing. An individual coaching call may relate to one of the WellBeing themes but can also focus on specific personal and professional goals, life balance, or ministry challenges.
* **Teaching Videos & Worksheets—**Participant Guides(with video link, scripture, brief quotes, and reflection questions) are emailed one week before sessions.  Group conversation is based on participants’ pre-session reflection which normally takes 45 minutes to 1 hour.  There is no other required reading.

***Topics Covered:***

* ***The Practice of Receptivity—***Creating small habits for restoration and renewal
* ***The Practice of Body Care—***What needs to change I your patterns of eating, sleeping, and moving?
* ***The Practice of Connection—***Simple ways to strengthen relationships with family, friends, wise guides, and supportive community
* ***The Practice of Creativity—***Re-imagining the ordinary with playfulness, curiosity, & courage
* ***Practicing a Rule of Life—***The transformative power for wellbeing of small steps, consistently chosen, over time
* ***The Practice of Purpose—***Identifying deeper meaning and gaining clarity about how life purpose contributes to overall wellbeing

Meeting time is 10a-11:30a on the following dates:

January 23

February 27

March 27

May 1

May 29

June 26