

## Joy Bergfalk, co-director

Joy weaves her education at Wheaton College and Bethel Seminary with a passionate ecumenical spirit focused on justice and holistic healing. With more than 20 years as a pastor, experience as a mission volunteer in Central America, 20 years as a group trainer and retreat leader, training as a labyrinth facilitator and as a Reiki Master, and training in conflict transformation and trauma awareness and recovery, Joy weaves all together to provide multi-faceted experiential learning for individuals and groups. Her current focus is Project Empower, seeking to change the world one woman at a time.

## Jimmy Reader, co-director

Jimmy combines 37 years as a pastor with experience as an adjunct college instructor and a seminar leader with a national business training company. His doctoral work at Princeton Theological Seminary focused on conflict, change, and transformation, and he has done extensive training and research in communication and relationships and conflict transformation. He brings an interactive style of teaching and coaching to his work as a consultant and coach. He is the author of *Moral Values: What I Learned Growing Up in Church*.



## For references, please contact:

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## For More Information

### Visit our Websites at:

[www.lifelisting.com](http://www.lifelisting.com)

[www.projectempower.org](http://www.projectempower.org)

[www.safeplacenet.org](http://www.safeplacenet.org)

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Call us at: 585-256-3384

Fax us at: 585-256-2826

### Or visit us at:

Labyrinth House

2071 Westfall Road, Rochester, NY 14618

(Between Monroe & Winton in Brighton)

See directions at [www.lifelisting.com](http://www.lifelisting.com)

# Coaching For Ministerial Leaders

Would your ministry be more effective by deepening your knowledge and experience with Life Practices designed to foster healthy, integrated living and leadership?

Do you want to understand both yourself and other people better so that talking and working with people in your relationship as a minister becomes easier and more effective?

## Our mission...

... is to help people listen to life in order to live authentically by being spiritually-centered, compassionate, respectful, empowered, and integrated.



Life Listening Resources

2071 Westfall Road, Rochester, NY 14618

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An **Alban Institute** leadership report highlights essential practices for ministerial leaders that include emotional maturity, interpersonal and leadership skills, awareness of social and ethical boundaries, and acceptance of personal responsibility.

Traditional seminary education seldom required these skills or taught similar practices as a foundation for ministerial leaders. Continuing education events for ministers often focus on practical learning in areas of preaching, community ministry, church administration, and what feels like a “hands-on” approach to ministry.

Yet when ministers face conflict in the church, the tensions almost always come from a lack of knowledge or experience with regular spiritual, personal, and social practices, including centering, self-awareness, empathy, and listening. These are the Life Practices we focus on in our coaching sessions.



*To schedule a session for yourself or to inquire about group coaching.*

**Call us today at: 585-256-3384**

**Or Email Jimmy or Joy at:**

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**Life practices** form the core of coaching we do with groups and individuals, based on the same “soft skills” of relationship-building and communication we use in consulting with congregations.

### **Spiritual practices**

- Prayer, centering, and reading of scripture
- Other spiritual disciplines (e.g., worship, solitude, lectio divina)
- Nontraditional practices such as walking the labyrinth, Aikido, Reiki (energy healing)

### **Personal practices**

- Self-awareness and examination
- Personal confidence and assertiveness
- Mature responses to anxiety (non-anxious presence)
- Understanding ourselves (e.g., the Enneagram personality model)
- Imagination and mental models (how we see the world)

### **Social practices**

- Empathy—compassionate listening
- Engagement—active listening, assertive communication
- Story-telling—listening to the other’s stories and telling our own
- Systems thinking—how to respond to anxiety in relationships
- Reframing—so we speak out of our values and do not just react to others
- Dialogue—suspending assumptions, going beyond our own understanding
- Nonviolent engagement—choosing the way of love rather than fear

# Options for Coaching

## **Individual Coaching**

One-on-one sessions with a coach provide a fully confidential setting where each session can be designed to fit the specific needs of the minister. Everyone has a different set of skills or practices they will want to focus on, and this approach offers the best opportunity to do that.

Individual sessions of one hour each are available at Labyrinth House in Brighton (in the Rochester area). Other locations can be arranged. For coaching to be effective, each person would need to commit to a minimum of five sessions. The total cost for the first five sessions is \$375.

## **Group Coaching**

### ***(combined with individual sessions)***

Group sessions (with 5-8 participants) would be covenant groups, with mutual accountability for participation and confidentiality. We would work on the practices of most urgent concern to the group. The locations would fit the needs of the group. Individual 30-minute coaching sessions would be scheduled at those locations.

Every group member would commit to five sessions. The total cost would be \$500 per person, including both group and individual sessions.