

Servant Leadership: Personal and Professional Self-Care

Updated Workshop for 2011!

**A free workshop for Kansas United Methodist
clergy, clergy spouses and church staff
underwritten by**



Workshop Pre-Registration is required

First United Methodist Church of Garnett
205 South Oak St., Garnett, KS

Thursday, February 17, 2011
9:00 am – 5:00 PM

Topics to be Discussed

Self care and the Roles of Clergy

What does **leadership** have to do with self care?

Mental/Emotional Self-Care – Stress Management, Healthy Boundaries, Expression Versus Repression)

Spiritual Self-Care – Pastoring is a Dirty Job!; Paul's Instructions; Personal Spirituality versus Professional Responsibility

Social Self-Care – Theological Framework for Social Health, Maslow's Hierarchy of Needs, Finding or Developing Your Social Support

Physical Self-Care –Understanding Metabolic Syndrome; Strategies for Managing Eating; Controlling Your Environments; Increasing Sleep and Water

Covenant and Plan to Change One Thing

Registrants are expected to participate in the entire workshop!

Continuing Education Credits

This workshop has been approved for 0.7 Continuing education credits for clergy who participate in the entire workshop. Certificates will be mailed to participants. Health care professionals who wish to apply for continuing professional education credits may request the agenda, learning objectives, bio-sketches of the presenter, and a certificate of completion that they can use to apply for CEUs.

Workshop Pre-Registration is required
Three Registration Options:

1. Complete all pre-registration information **online** at www.healthfund.org
2. Fill out the form below and **fax** it to Judy Johnston at 316-293-2695
3. Complete the form and **mail** to Judy Johnston, PMPH/KUSM-W, 1010 N. Kansas St. Wichita, KS 67214.

You will receive confirmation of your registration.
(please print)

Workshop Date: _____

Location: _____

Name: _____

Address: _____

City/State: _____

Zip Code: _____

Phone: _____

E-Mail: _____

Church: _____

Special dietary needs: _____