Healthy Congregations Workshops

Attention Council and Congregational Leaders

- You're in a congregational council meeting – or an annual meeting – and things inexplicably go off the rails. Why?
- You're in a meeting at work and find yourself REACTING instead of RESPONDING. What's going on?
- Maybe you're at home and find yourself not bringing your best self to your family. What's happening?
- The lives of families – and congregations – are complex emotional systems… and require a "systems way of thinking."

The Healthy Congregations Resource Team (HCRT) is here to help!

We offer several workshops that will help you navigate the complex life of your congregation or organization.

- Each workshop is **3 ½ hours long**, scheduled at your convenience
- Each workshop is led by a **trained facilitator**
- Each participant attending the workshop gets a **comprehensive workbook**

There are **three core workshops (1, 2, and 3)** and **three supplemental workshops (4, 5, 6)**. You choose the workshops that are right for you (next page).

What is the investment and our return on investment?

- Each workshop costs $650 for up to 20 participants.
- Participants in the Healthy Congregations workshops have found it to be a vital part of the call process and very helpful during times of transition and change.
- Pastoral and lay leaders share that any investment in Healthy Congregations workshops and materials has been multiplied in their ministry and work.
- Non-profit consultants typically charge between $10,000 and $25,000 to work directly with congregations and organizations. These workshops will give you important tools and insights for a small fraction of the cost.

What is your next step?

Fill out a simple form at https://tinyurl.com/healthycong or email Pastor Matt Musteric directly at mattmusteric@proton.me.

The Core Workshops

#1: Creating Healthy Congregations (Systems Thinking)

Workshop 1 introduces the basics of systems thinking and looks at building capacities to accept differences while focusing on organizational strength and mission.

#2: Healthy Congregations Respond to Anxiety and Change (Anxiety and Change)

Workshop 2 focuses on identifying and dealing with anxiety in communities, management of conflict, and developing capacities to be flexible and creative through it all.

#3: Leadership in Healthy Congregations (Best choice!) (Immune Leadership)

Workshop 3 works on the development of healthier processes by looking at how leaders function, rather than through programs and techniques. The workshop highlights the role leaders as providing immunity to processes that tear down the fabric of the community.

The Supplemental Workshops

#4: Relationships in Healthy Congregations (Boundaries in Caregiving)

Workshop 4 focuses on building relationships founded in care, encouragement, and empowerment. **Perfect if you are developing or restarting any care, visitation, or "people centered" ministry.**

#5: Healthy Congregations Develop Generous People (Stewardship and Money)

Money can be a charged topic in any family or congregational system. Workshop 5 looks at broad perspectives around stewardship and how it relates to emotional processes in a system. You have the chance to consider your own personal "money biography" and congregational "money biography."

#6: The Spiritual Care of Healthy Congregations (Spirituality)

Workshop 6 deals with sharing, hospitality and "beginning again as a way of life."

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