



WORKSHOP DESCRIPTIONS



Workshop 1: Creating Healthy Congregations

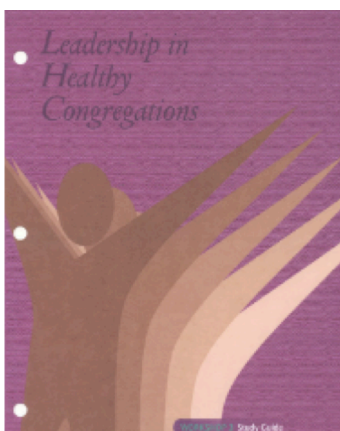
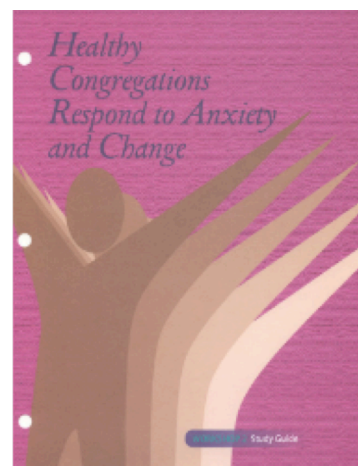
This workshop focuses on the congregation's ability to accept differences and to lead based on strength and mission. Each unit contains 10 individual copies.

- Session 1: The Marks of a Healthy Congregation
- Session 2: What is System Thinking?
- Session 3: DVD: "The Anxious Congregation" and "The Responsible Congregation"
- Session 4: Healthy Congregations Accept Difference
- Session 5: Healthy Congregations Focus on Mission

Workshop 2: Healthy Congregations Respond to Anxiety and Change

This workshop encourages the promotion of health as "responding" to anxiety and change, rather than "reacting" to it. It also lifts up the ability of communities to manage rather than deny conflict and to promote flexibility and creativity. Each unit contains 10 individual copies.

- Session 1: Healthy Congregations Respond to Anxiety
- Session 2: Healthy Congregations Manage Conflict
- Session 3: Healthy Congregations Respond to Change
- Session 4: Healthy Congregations Act Flexibly and Creatively
- Session 5: Planning For a Healthier Future



Workshop 3: Leadership in Healthy Congregations

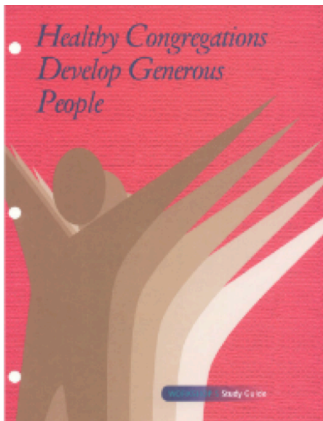
A major premise of this workshop is that leaders promote health through their presence and functioning, rather than programs or skills. It focuses on leadership through the lens of the leader's ability to challenge and strengthen the congregation. Each unit contains 10 individual copies.

- Session 1: The Self-Differentiated Leader
- Session 2: Video: Healthy Leaders
- Session 3: Leaders Promote Health Through Their Presence and Functioning
- Session 4: Leaders Challenge People
- Session 5: Leaders Provide Immune Capacities

Workshop 4: Relationships in Healthy Congregations

The focus on relationships is described through the abilities to encourage grace and truth. There is discussion of the development of care and empowerment in healthy congregations. Each unit contains 10 individual copies.

- Session 1: Forgiving
- Session 2: Truthtelling
- Session 3: Connecting
- Session 4: DVD: "Healthy Helping"
- Session 5: The Difficult Business of Helping



Workshop 5: Healthy Congregations Develop Generous People

Workshop 5 takes a look at how healthy congregations develop generous people. This workshop takes a closer look at recognizing the Creator's interdependent design of life rather than isolated, unrelated parts, the important practice of grateful and willing stewardship, and what it means to combine money and the Christian life rather than separating one from the other. Each unit contains 10 individual copies.

- Session 1: Life is All of a Piece
- Session 2: The Stewardship of All Believers
- Session 3: Money Talks
- Session 4: Anxiety and Money
- Session 5: People are Resources

Workshop 6: Spiritual Care of Healthy Congregations

Spirituality is discussed as the ability to share and participate, rather than focus on the self. Hospitality for all and looking at life as a series of new beginnings is also a part of this resource. Each unit contains 10 individual copies.

- Session 1: Holiness and Health
- Session 2: Hospitality
- Session 3: Helping People to Begin Again
- Session 4: DVD: "Spirit of Spirits"
- Session 5: A Different Kind of Health

