



Spiritual Direction / Spiritual Accompaniment

The spiritual director or spiritual accompanier, seeks to foster a relationship of trust, safety, confidentiality and non-judgment. The goal is to enable deeper awareness of the presence and direction of God in our lives. It is the Holy Spirit that directs and the Holy Spirit that accompanies. Spiritual Direction may help us deepen our relationship to, and our openness to, that direction and accompaniment. Through the human 'spiritual director/accompanier', compassionate questions and a deep listening invite us to pay attention to our spiritual journey and develop and deepen our relationship with God.

Coaching

A teaching or training process in which an individual (or group) is supported in learning toward specific personal or professional results or goals. There are many models and methodologies aimed to promote learning new behavior for personal or professional life. They offer strategies and solutions to lead and live with greater skill, fulfillment and confidence. Coaching may focus on work-life balance, strategic agility, relationships, conflict, teaming, job satisfaction, productivity, purpose and vision.

Mentoring

Mentoring can be informal or formal relationship in which knowledge, support and experience offer a process for personal and/or professional development. To recognize in someone the desire to be mentored by them, is to seek wisdom from their experience as well as their knowledge. It is to enter into an intentional relationship of mutual respect and personal or professional accompaniment. It may be described as 'learning from someone who has already been there'.

Key Areas for Self-Awareness

Human beings are complex and diverse. To become more self-aware, we should develop an understanding of ourselves in many areas. Key areas for self-awareness include our personality traits, personal values, habits, emotions, and the psychological needs that drive our behaviors.

Personality. We don't normally change our personalities... based on what we learn about ourselves. But, an understanding of our personalities can help us find situations in which we will thrive, and help us avoid situations in which we will experience too much stress ...

Values. It's important that we each know and focus on our personal values. ... if your first priority is "being there for your children" or "your relationship with God," it's very easy to lose sight of those priorities on a day-to-day, moment-by-moment basis. ... so many problems and opportunities arise ... Since few (if any) of those things pertain to what we value most, it's easy to spend too much time on lower priority activities. When we focus on our values, we are more likely to accomplish what we consider most important.

Habits. Our habits are the behaviors that we repeat routinely and often automatically. ... we can probably all identify at least one of our habits that decreases our effectiveness.

Needs. Maslow and other scholars have identified a variety of psychological needs that drive our behaviors such as needs for esteem, affection, belongingness, achievement, self-actualization, power and control. One of the advantages of knowing which needs exert the strongest influence on our own behaviors is the ability to understand how they affect our interpersonal relationships... Needs cause motivation; and when needs aren't satisfied, they can cause frustration, conflict and stress.

Emotions. Emotional self-awareness has become a hot topic of discussion recently because it's one of the five facets of emotional intelligence. Understanding your own feelings, what causes them, and how they impact your thoughts and actions is emotional self-awareness. If you were once excited about your job but not excited now, can you get excited again? To answer that question, it helps to understand the internal processes associated with getting excited. That sounds simpler than it is. ... a person with high emotional self-awareness understands the internal process associated with emotional experiences and, therefore, has greater control over them.

Dr. Scott Williams, Wright State University, Dayton, Ohio

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Our ability to lead and our ability to share in ministry is only enhanced when we have a foundation of good self knowledge, and take the time to become spiritually connected, emotionally intelligent and have the tools and opportunities to face and wrestle with the large questions that life and ministry bring us.

Leadership
Resources



**HAMILTON
CONFERENCE**
The United Church of Canada

The desk of
Lorna MacQueen

Emotional Intelligence

EQ-HR The Center for Emotional Intelligence and Human Relations Skills
www.eqhrcenter.org



To equip leaders within faith based organizations with skills that enhance their leadership abilities by developing emotional intelligence competence, building human relations skills, and providing coaching support.

A five day residential program includes the Bar-On Emotional Quotient inventory, interactions in learning groups along with presentations on topics related to human relations skills. Through this training participants self-awareness grows to more fully understand the impact of their behaviour on others. Participants can 'try on' different ways of relating to others and practice communication skills in a facilitated environment which encourages learning.

The Bar-On EQ 360 inventory gathers data from people chosen by the participant for their different relationship contexts. Self rating is also a part of the inventory. Goals are then developed out of the inventory.

A second unit on Emotional Intelligence and Group Development is optional, in which participants engage the EQ competencies along with group development theories. A third Training of Trainer event equips participants to intern in the Center's program of EQ-HR L-groups.

The Center also offers a coaching program to enhance an individual's leadership skills as it relates to emotional intelligence.

Access www.eqhrcenter.org for information and registration about upcoming programs.

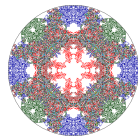
Check out: Five Oaks October 21- 26, 2013.

Courage to Lead® Seasonal Series of Retreats

Center for Courage & Renewal
<http://www.couragerenewal.org/>

Courage & Renewal programs and retreats are unique opportunities to align your inner truth with your outer life. ...

*to...reconnect who you are with what you do
...to ... return to your life and work with renewed passion, commitment, and integrity.*



These retreats are cross vocational and designed for anyone who desires an opportunity to realign and renew their sense of personal and professional identity and integrity. The work is based on a [Circles of Trust®](#) approach — as described in [Parker J. Palmer's](#) book, *A Hidden Wholeness: Journey Toward an Undivided Life*.

The mission of the program **is to nurture personal and professional integrity and the courage to act on it**: learning to live and work wholeheartedly, reclaiming a renewed vocational vitality, deepened in professional practice, and becoming a force for positive change in the workplace, profession, and community.

The Circles of trust work is framed by open and honest questions which participants ask themselves in large-group, small-group and solitary times, sharing story and journeys through poetry and teachings from various traditions.

Up-coming retreats: by Mardi Tindal & Fred Monteith:
Sudbury—Manitou Conference Ap 22-24/13, Jl 22-24/13,
Oct 21-23/13, Feb 10-12/14, Ap 21-23/14

Five Oaks <http://www.fiveoaks.on.ca/home.htm>—Apr. 8-10/13,
Jun. 24-26/13, Oct. 28-30/13, Jan. 20-22/14, Apr. 28-30/14

Participants are expected to attend and participate fully in all five retreats in a given program.

The Enneagram

Enneagram.com defines this tool: *...a highly sophisticated system of nine personality profiles that are meant to help us know ourselves and others "as we/they are to themselves". Each type profile serves as a customized road map for on-going personal growth consistent with categories of modern psychological typology.*

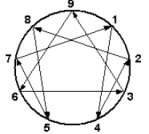
For an Introduction:

- Explorefaith.org (under tools for the journey)
- Enneagramnorth.com
- Enneagram.com

The Enneagram's Gift to Vital Relationships: The Path to Transformation and Living Love Seminar download with David Daniels -

MD clinical professor of psychiatry and behavioral sciences at Stanford Medical School, a leading developer of the Enneagram system, and co-author of the best seller, *The Essential Enneagram*

online audio download at <http://www.entheos.com/academy/courses/The-Enneagrams-Gift-to-Vital-Relationships>



Heart to Heart: Observing Our Hidden Barriers in Relationships- March 2 and 3, 2013

Alumni Hall St. Michael's College, U of Toronto
647-208-8754

<http://www.enneagramnorth.com/workshops.htm#Wagner>
Presented by **Helen Palmer** and **Terry Saracino**

Enabling the identification of how we can build stronger relationships, and how we may unconsciously subvert them, the workshop will focus on type and subtypes impact on relationships and how hidden instinctual perspectives shape behaviour in current relationships.