

# Spiritual Wellness Practitioner Program

A Spiritual Wellness Practitioner is:

- Trained to understand what spiritual wellness entails and what cultivates spiritual health.
- Equipped to come alongside of individuals through various methodologies in order that they may accurately assess a person's spiritual wellness and formulate an action plan for growth.
- Educated on the multitude of ways individuals connect with God and helps individuals identify their natural connection style(s).
- Instructed in a wide-range of spiritual practices/disciplines and teaches those to others.



It has been a joy to serve as a Minister of Word and Sacrament for 27 years. I served as a chaplain at the University of Jamestown in Jamestown, North Dakota, a parish pastor in Spicer, Minnesota and Clarion and Fort Dodge, Iowa. Spiritual wellness has been a primary focus. My D.Min. dissertation examined the significance of clergy spiritual wellness during pastoral

transitions. I have created various spiritual wellness assessment tools. As a coach, I have developed a spiritual wellness checklist and strive to encourage and support spiritual health and vitality. My service to the larger church has included various capacities at the Presbytery level including moderator and vice-moderator, and General Assembly advocate and commissioner. I have also had the privilege of serving on special committees for the Synod of Lakes and Prairies and as a Synod School teacher. My journey includes my best friend and husband, Doug. Together we received a call to be foster and adoptive parents. We adopted six children through the foster care system. We have nine grandchildren. Our family journey has been a roller coaster ride – many highs and lows, twists and turns. We have learned to trust the Lord in all circumstances. I enjoy spending time with God in creation, especially on water. A couple of my favorite activities are kayaking, swimming, and walking. While I don't consider myself an artist, I appreciate opportunities to be creative.

Four modules - 16 Week Program:

- Spiritual Wellness 101
- God-Shaped Connections
- Creating Meaningful Spiritual Wellness Conversations
- Soul-Tending: Spiritual Practices

Participants receive:

- Thirty-one 20-30 minute instructional videos
- A one-on-one spiritual wellness checklist
- Assessment tools
- Reading lists
- Weekly exercises/assignments
- Unlimited email and text message contact with Rev. Dr. Candace Adams throughout the course
- Students who want to interact in a small group may have the option to meet virtually with others, if there are others who desire this type of engagement

- Videos are able to be viewed whenever and wherever the individual chooses. Modules will be offered virtually and are provided in an asynchronous learning format.
- A grant from Omaha Presbyterian Seminary Foundation is supporting a portion of this training opportunity. The cost of the full program is \$550 before July 1, or \$600 after July 1. Payment plans are available; email [amanda.emc3coaching@gmail.com](mailto:amanda.emc3coaching@gmail.com) for more information.
- Register here: <https://emc3coaching.com/spiritual-wellness-practitioner-program>

