MIND & SPIRIT
COUNSELING CENTER

Emotionally Aware Leadership

A two-year journey toward courageous, connected ministry.

"Leadership is an emotional process."
-Edwin Friedman

Pastoral leadership is deeply rewarding, but also emotionally demanding.
Many pastors find themselves overwhelmed, discouraged or simply running on empty.

What if ministry felt lighter? More joyful? More sustainable?

Emotionally Aware Leadership offers a path forward.

This two-year, confidential clergy group helps you:

- Recognize emotional patterns in yourself and others
- Respond with intention rather than reactivity
- Reclaim your agency and integrity
- Cultivate a courageous, connected faith community

This is **not** a quick fix or how-to manual. It's a transformational journey of leadership grounded in emotional awareness and spiritual resilience.

Join us for Track 1: Iowa

Developed by *Bill Selby*, Director of The Center for Pastoral Effectiveness of the Rockies and facilitated by *Chris Waddle*, Director of Leadership and Spiritual Life at Mind & Spirit Counseling Center.

The Center for Pastoral Effectiveness of the Rockies
"Maintaining Ministers in Ministry"

Ready to lead with clarity & connection? Contact Chris Waddle today.
Call 515-868-7172 or email cwaddle@mindspiritcenter.org