

LAY ECCLESIAL MINISTRY PASTORAL SKILLS WORKSHOP

Fall 2022

"CULTIVATING EMOTIONAL INTELLIGENCE IN PASTORAL CARE"

This workshop will be presented in three phases. It is recommended participants attend all three of the workshops since they will build upon one another. It is also fine to register for workshop(s) as your schedule allows. **There is no cost, however registration is required through www.dioceseofcleveland.org/events.**

Self-Awareness, September 10, 2022 (9:00am-Noon)

Understanding your personal strengths and weaknesses are vital to being effective in ministry. Learn how to discover your blind spots and address them to become the best possible version of yourself.

Interpersonal Effectiveness, November 5, 2022 (9:30am-Noon)

Enhancing skills in empathy and attunement based on our latest advances in interpersonal neurobiology help us to meet people where they are and navigate healthy boundaries where necessary.

Emotional Self-Regulation, December 3, 2022 (9:00am-Noon)

Learn cognitive restructuring and mindfulness as pathways to greater wisdom and stress management. Fostering greater emotional intelligence will increase your confidence in ministering to God's people.

*All classes will be held in the Aula at the
Center for Pastoral Leadership in Wickliffe, Ohio*

Hosted by:

DR. TED W. RADDELL

Dr. Raddell is the Staff Psychologist for St. Mary and Borromeo Seminaries where he provides coaching in human formation. He is a Health Psychologist, Professional Coach, and Relationship Expert.

