

# Spiritual Wellness Practitioner Pilot 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 25 years. The past three years, I have served as the chaplain at the University of Jamestown in Jamestown, North Dakota. Prior to Jamestown, I served as a parish pastor in Spicer, Minnesota, Clarion and Fort Dodge, Iowa.

Spiritual wellness has been a primary focus of my ministry. 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 include:

- **Spiritual Wellness 101**  
April-May 2021
- **God-Shaped Connections**  
June-July 2021
- **Spiritual Wellness Coaching**  
August-September 2021
- **Soul-Tending: Spiritual Practices**  
October-November 2021

## Participants receive:

- Eight 20-30 minute videos per module
- A one-on-one spiritual wellness checklist
- Assessment tools
- Reading lists
- 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.
- Due to the generous funding provided by Omaha Presbyterian Seminary Foundation, the entire program is \$1000 (or \$325 for individual modules; full program strongly recommended).
- Register here: <https://emc3coaching.com/spiritual-wellness-practitioner-pilot-program/>

“Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will guide your path.” Proverbs 3:5-6