Participants in this cohort:

- Concentrate on the health of a leader by exploring the various factors that comprise personal and vocational health.
- Apply systems thinking to organizational structures, understanding its relationship to congregational and organizational health and its role in assessment and restoration.
- Discuss various transitional events and learn strategies for successful navigation.
- Promote health within the leader, as participants consider and implement spiritual, emotional, physical and relational practices.

Faculty Bio

Since 1990, Dr. Anthony J. Headley has served as Professor of Counseling at Asbury Theological Seminary. He is an ordained elder in the Free Methodist Church and has pastored churches in the USA and Caribbean. He is also a licensed psychologist in Kentucky. His formal interest in self-care and the health of ministers goes back almost 30 years when he began his training in psychology and family studies at the University of Kentucky (UK). For the last 25 years, Dr. Headley has brought this training to bear on the health and wellness of ministers and churches through speaking, consulting and writing. He has conducted seminars and retreats, as well as written books, on health-related issues for clergy, nationally and internationally.

Growing up as the eldest son in a United Methodist pastoral family, Dr. Steve Stratton “caught” the importance of self care and family care in the midst of parish care. Now a licensed psychologist and Professor of Counseling and Pastoral Care, he “teaches” pastors and counselors how to care for self, family and parish in a way that makes space for God to move. He has provided health care services to adolescents and adults in hospitals, community mental health centers, and college student services since 1983. Dr. Stratton’s publishing and presenting are typically in the areas of forgiveness, contemplative and meditational practices, relational attachments and interpersonal neurobiology, and the growth of sexual identity in college populations. In 2010, he was named “Psychologist of the Year” by the Kentucky Psychological Association for his work in psychology and the state community.
Class Descriptions

I. Stress in Ministry
This course provides a comprehensive understanding of stress in ministry by focusing on the latest information and research. Participants explore the nature of stress and its causes, symptoms and effects in order to develop relevant coping strategies. Additionally, the course investigates various biblical concepts as a foundation for understanding and managing stress in ministry.

III. Systems Thinking for Healthy Ministry
This course introduces participants to the structures, behaviors and models for understanding holistic ministry from both biblical and anthropological perspectives. Participants analyze and compare personal ministry health to congregational and organizational health. Through assessments, both personal and congregational, participants learn a variety of problem solving strategies designed to promote and restore ministry health.

II. The Healthy Leader
The health of a leader has a major impact on an organization. This course explores the various factors that comprise personal and vocational health. To promote holistic wellness within the leader, participants and faculty mentors discuss, learn to develop and implement spiritual, emotional, physical and relational practices.

IV. Healthy Ministry
During this course, participants explore the dynamics of healthy ministry at the micro and macro levels of the organization. Through lectures, discussions and field trips, participants study transitional events and develop strategies for successful navigation and healthy participation in congregational life. Participants assess their leadership maturity, both spiritually and emotionally within their context, in order to develop an understanding of, and the ability to work as part of, a leadership team.