



## When and Where

April 13-17, 2020, 8:30 – 5:00  
(Begin at 10:00 on Monday,  
end at 2:30 on Friday)

Presbytery de Cristo and Grand Canyon  
4141 E. Thomas Road  
Phoenix, AZ 85018

## Cost

\$40 – covers workbook, snacks, supplies

Scholarships available upon request

Lunch included on Monday only

## Need a place to stay?

A list of nearby hotels will be provided  
upon request

## About L.E.S.T.

L.E.S.T. is a five-day seminar to assist leaders in understanding how to engage conflict and move toward healthy communication that supports ministry.

## Questions?

Phone: 719-251-9737

Email: [bradmunroe1963@gmail.com](mailto:bradmunroe1963@gmail.com)

## RSVP

[pbassistant@gmail.com](mailto:pbassistant@gmail.com)

**Deadline: April 3, 2020**



**GRAND CANYON**

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**DE CRISTO**

4141 E. Thomas Road  
Phoenix, AZ 85018

**L.eading**

**E.motional**

**S.ystems**

**T.raining**



**GRAND  
CANYON**

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**DE CRISTO**

*Present a seminar on emotional  
leadership in churches*

# What will you learn?

## Skill Development

Coaching healthy communication for individuals and groups

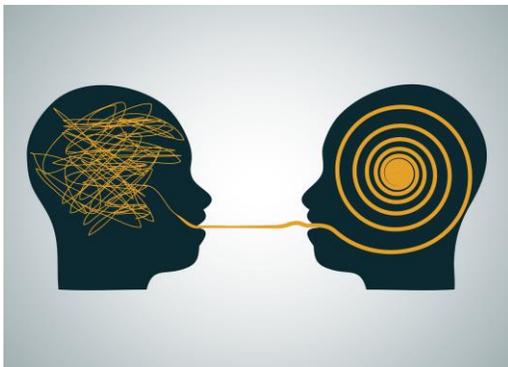
Noticing your family system and knowing how to respond to what you observe

Mediation strategies for small and large groups (and the limits of mediation)

Clarity on your personal engagement style in low stress and high stress situations

Becoming aware of one's perspective and narrative, while practicing empathy and interest-based negotiating

Using a genogram to map a congregational family system



## Topics Covered

What happens in the brain when a group is triggered (and when you're triggered, too!)

Healthy communication tools for individuals and groups

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*“Whenever we are trying to direct the self of the other it will become a battle of wills.”*  
*Richard Blackburn*

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More obvious signs and less obvious signs a congregation is reacting anxiously (and how you're being affected)

Self-differentiation as a “pastoral superpower”

Triangles, triangles, triangles, Oh my!

Calm, clear, core, and connected personal communication

Developmental tasks for interim ministry (Interim Track only)



## Learning Tracks

### L.E.S.T Track (all participants)

All learners participate in this track as the foundation for the other two tracks described below (Monday – Wednesday).

### Interim Track (option 1)

The interim track covers topics and skills for Interim Pastor I training. Certification as an interim pastor is given upon successful completion of this track (Thursday – Friday).

### Reconciliation Track (option 2)

The reconciliation track is designed for general, congregational leadership and as a foundation for the presbytery's Reconciliation Team (Thursday – Friday).