



Total Ministry Health

Mini-Conference

*Cultivating resilience among
ministry leaders*

Thursday, September 28, 2023

New Life Church

154 Lakeside Drive, Canton, GA 30115

WHAT IS TMH?

Total Ministry Health Inc. is a non-profit organization which focuses on supporting and strengthening pastors, international workers, and churches. TMH provides ministry health/burnout assessments, coaching and mentoring services for ministry leaders in crisis, transition, burnout, or difficult situations with the goal of restoration, healing, and greater effectiveness.

SEMINAR SCHEDULE

- 8:30 am** - Check-in; coffee; fellowship
- 9:00 am** - Welcome and Introduction to TMH
- 9:15 am** - Overview of the TMH Inventory
- 10:00 am** - Guided Discussions
- 10:15 am** - Break
- 10:30 am** - Understanding Spiritual Engagement
- 11:15 am** - Guided Discussions
- 11:45 am** - Lunch
- 12:30 am** - Understanding Emotional Stability
- 1:15 pm** - Guided Discussions
- 1:45 pm** - Understanding External Factors
- 2:30 pm** - Guided Discussions
- 3:00 pm** - Closing Comments & Evaluations

TMH MINI-CONFERENCE

The TMH one day mini-conference combines the individualized focus of the assessment, training with a TMH consultation specialist, and the power of collaboration with others in ministry. You will leave the mini-conference with an understanding of your overall ministry health and have a developed growth plan to implement for the improvement of your ministry health. You will have the option of implementing this plan on your own, joining with others in your table groups, or engaging in a year of ministry health coaching.

TMH MEASURES

Spiritual Engagement

Connectivity to God

Emotional Stability

Connectivity to inward self

External Factors

Connectivity to the world around me

Ministry burnout is the state of fatigue characterized by ministering in an unhealthy environment, with poor emotional stability, and from a place of spiritual dullness.

TMH ASSESSMENT

The Total Ministry Health Assessment was developed through extensive study of burnout among ministry leaders. It was validated through correlation by using the leading secular burnout scale as a baseline. This assessment measures 15 leading factors of health and burnout among ministry leaders.

Total Ministry Health Inc. exclusively uses this assessment tool to help a ministry leaders determine their overall health or potential burnout. Once the cause of burnout is defined, a ministry leader individually or with the help of a ministry coach or mentor can return to a thriving ministry. Upon the completion of the TMH assessment, a 22-page report and guide is sent to the ministry leader.

TMH OFFERS

Assessments ...

to measure ministry health and potential burnout of ministry leaders.

Consulting ...

to develop a personalized individual plan for ministry leaders with the goal of increased ministry health.

Coaching ...

to help those in burnout recover in order to reengage in effective ministry and to assist those nearing burnout to stay engaged in ministry.

Training ...

with national/regional leaders, supervisors, member care professionals, or counselors to provide resources and education on burnout recovery and prevention.

TMH COACHES

- are trained in the TMH model
- will help an individual understand their assessment results
- identify the unique factors leading to ministry burnout
- guide an individual through creating a personal plan of growth
- provide 12 months or more of insight and accountability through the healing and restoration process

*****A TMH Coach is not a professional counselor or ministry strategist.***

OVER 150 YEARS OF COMBINED EXPERIENCE



Phil Howard (PhD) brings more than 44 years of ministry in the C&MA. He has served as an assistant pastor, church planter, campus pastor and more than 26 years as an educator at Toccoa Falls College. Phil's passion is to equip the next generation of ministry leaders. Reflecting this commitment to emerging church leaders, his focus has been on helping pastors and other ministry leaders become more resilient in the face of the challenges of life and church leadership. His desire for resilience is a perfect fit for the mission of TMH.



Jeff Gangel (D Min) has served in ministry for over 41 years. Ordained by the C&MA, He has pastored in non-denominational churches in Texas, Virginia and Georgia. For seventeen years he ministered as the Campus Pastor and Director of Spiritual Formation at Toccoa Falls College in Toccoa, GA. Jeff currently leads a non-denominational church, but maintains his credentials with the C&MA and is involved in the Alliance South District. He is passionate about teaching God's Word, mentoring leaders, and encouraging fellow pastors. Jeff aligns with TMH's desire to see healthy ministry leaders.



Jerry Butler brings over 45 years of pastoral and ministry leadership experience. Jerry served a large church as international ministry director creating partnerships to train and develop pastors and churches around the world. His international service has taken him to eighty countries. Since 2007 Jerry has served as coach to pastors framed by his life and ministry experience to help pastors succeed in today's ministry environment. Confronted by so many pastors in burnout led Jerry to affiliate with Total Ministry Health (TMH) to coach to help pastors avoid burnout and to come alongside those in burnout to restore spiritual health and pastoral success.



Scott Ream (D Min) has over 28 years of ministry experience serving as an assistant, executive, and lead pastor. With more than 24 of those years serving in one church. He is the founder and director of Total Ministry Health, Inc. This non-profit developed out of his dissertation research focused on defining factors of health and burnout among ministry leaders. Scott's desire is to see healthy ministry leaders. He believes that those near or in burnout can be coached to reclaiming their call, restoring their well-being, and rebuilding their effectiveness. His work with pastors and missionaries has taken him to five of the seven continents to teach or encourage international workers.

TESTIMONIALS

The TMH Assessment results showed I was in burnout, and my wife was very close to being in burnout too. Furthermore, TMH showed that we were our own biggest stressors. The way we were doing life was having a negative impact on the other, and that needed to change before we could be a team and work together. A TMH intervention allowed us focused time to deal with deep pain and emotional wounds. Without that intervention, we wouldn't have been able to move from pain to healing to trust and cooperation.

*** Ministry Leader*

Thanks to Scott's coaching and counseling, I have been able to process the difficulties of living overseas, create sustainable rhythms, and cultivate spaces for thriving. Without my time with him, I would have burnt out and left ministry a few years ago. Scott is great at sharing resources that have helped me build structure not only for my weekly schedule, but also to plan for the future. His experience and wisdom is invaluable and I am thankful for the time he has invested in me and my ministry.

*** Ministry Leader*

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