MINISTRY LEADER WELLNESS

Faith-informed behavioral wellness and restorative leadership support for the people who care for congregations and communities.

WHY INVEST IN MINISTRY LEADER WELLNESS?

Those entrusted with caring for others may carry stress, isolation, grief, compassion fatigue, spiritual discouragement, and the pressure to remain constantly available. Caring for the leader is essential to sustaining healthy ministry and healthy relationships.

ONE PURPOSE. THREE COMPLEMENTARY PERSPECTIVES.

Dr. Wright works through his independent Mental Health Success Boost practice; CARES contributes leadership and organizational support as scoped.

INDIVIDUAL

Dr. H. Jean Wright II

Behavioral health education, grief, stress, and faith-informed wellness.

LEADER

Cliff M. Wright Jr.

Consideration, self-awareness, restorative leadership, and boundaries.

ORGANIZATION

Darryl Allen

Team expectations, support systems, and sustainable ministry practices.

PROGRAM FOCUS

PERSONAL WELL-BEING

Notice stress, emotional load, and self-care needs.

RELATIONAL HEALTH

Build listening, boundaries, and Consideration.

MINISTRY RESILIENCE

Navigate grief, fatigue, transitions, and discouragement.

ORGANIZATIONAL CARE

Strengthen team norms, support, and realistic expectations.

INTENDED OUTCOMES

Ministry leaders gain language for their experiences, identify practical ways to care for their well-being, practice healthier relational responses, and help define what support the ministry must provide. Outcomes depend on participation and organizational follow-through.

A wellness investment leaders can evaluate

Ministry Leader Wellness is scoped to the host organization. The formats below are available pathways, not preset packages or a fixed-price offer.

POTENTIAL ENGAGEMENT FORMATS

FORMAT	BEST USE	DELIVERY
90-minute session	Shared language; stress and wellness awareness	Onsite / virtual
Half- or full-day	Reflection, applied learning, leadership practices	Onsite / virtual
Retreat / intensive	Dedicated space for wellness and relational renewal	Usually onsite
Custom partnership	Tailored leadership support and follow-through	By agreement

SCOPE, RESPONSIBILITIES & BOUNDARIES

Typical learning themes: burnout and compassion fatigue, grief and spiritual discouragement, stress and self-awareness, boundaries, healthy relational leadership, and creating environments that support those who serve.

Host role: select the participant group and desired outcomes; provide a suitable, respectful setting; name a liaison; and support agreed follow-through. **CARES / MHSB role:** propose an appropriate educator/facilitator mix, define deliverables, and provide the agreed learning experience.

IMPORTANT PROFESSIONAL BOUNDARY

Workshops and group reflection are educational, not psychotherapy, diagnosis, or crisis care. Personal disclosure is voluntary; individual clinical services or referrals must be arranged separately.

INVESTMENT & FUNDING

Investment: priced through a written, customized proposal. Budget may include planning, facilitation, materials, optional follow-up, and travel when applicable. Possible sponsors include a church board, conference ministerial department, clergy-care budget, retreat fund, or donors. No standard package price is represented here.

THE DECISION-MAKER'S NEXT STEP

Identify the participants, priority wellness needs, preferred format, funding sponsor, and decision timeline. Request a scoped proposal with deliverables and a clear budget.

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