



Pastoral Counseling & Life Coaching – As a certified Life Coach with over 20 years of vocational pastoral ministry, my desire is to **equip, advocate for, and encourage you in your journey of following Jesus and growing in Him.** In our time we will likely tend to your physical, mental, emotional, and spiritual wellbeing. My desire is to help you discern the will of God for your life and shepherd you in the areas where you desire to learn, grow, and move forward as a faithful follower of Jesus. I would be a good fit for those who may be experiencing one or more of the following:

- *Feeling stuck, overwhelmed, anxious or depressed in life.*
- *Needing to process what is going on in your heart, soul, mind, and body.*
- *Lacking peace, joy, hope, or the ability to give and receive love.*
- *Frustrated with where you are in life, compared to where you hoped to be.*
- *In a season of transition in life, vocation, marriage, or community.*
- *Unsure of calling, or sense a lack of passion, purpose, or direction.*
- *Struggling with financial stewardship and/or budgeting.*
- *Desiring encouragement and blessing to be spurred in your journey.*

Executive Coaching – As an executive coach I will work diligently to equip you to become more effective at leading and developing others. However, **if you want real change in your organization, it likely starts with you!** Our primary focus will be to help you further understand who you are, why you do the things you do, and why you don't do the things you want to do. I would be a good fit as your Executive Coach if you are desiring any of the following:

- *Understanding your gifts, passions, calling, and purpose and how it affects you daily.*
- *Equipping you to identify and overcome barriers to your desired future.*
- *Learning to communicate more effectively with your staff and co-workers.*
- *Helping to discern direction and gain clarity for your next steps.*
- *Processing the daily challenges that you face.*
- *Learning to listen and hear those you serve to lead and love them well.*
- *Leading from a place of love, compassion, and understanding.*
- *Helping to pull out the fullness of who you are and what you are created for!*

Marriage Counseling & Coaching – Here we would use a similar approach as Pastor Counseling and Coaching as mentioned above, but in the context of a covenant marriage or pre-marital covenant preparation. I believe I would be a good fit as your marriage counselor or coach if you are:

- *Desiring pre-marital, newlywed counseling, or a marriage counseling.*
- *Struggling to communicate, not understanding one another.*
- *Struggling with intimacy or desire.*
- *Feeling lonely, vulnerable, or unsafe within the marriage.*
- *Finding it hard to put marriage as a priority over kids and/or job.*
- *You are ready to take steps for personal and marital healing.*
- *Have been hurt outside the marriage but it is affecting the marriage.*
- *A sincere desire to have a healthy, Holy marriage covenant with Christ as the foundation.*

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Pastoral Counseling, Coaching, Spiritual Direction, & Spiritual Formation are ministries of Restore Ministries International, a 501(c)3 Non-Profit ministry



Spiritual Direction – A Spiritual Director is like trusted sojourner, or companion on the journey, **to equip you to know God and yourself more fully and freely.** A Spiritual Director is primarily a listener to your story and how God may be speaking to you regarding the past, present, and future. Spiritual Directors join you in listening for the voice of God speaking to you and through you. They ask questions to help you seek and discern the voice of God and His presence in your life. I would be honored to be your Spiritual Director and would be good fit for those seeking to:

- *Learn to be present in the presence of God.*
- *Hear the voice of God.*
- *Process the work of God.*
- *Discern the direction God is moving you in.*
- *Reflect on and process the presence of God in your life.*
- *Receive the peace of God in your life.*
- *Respond to the work of God in your life.*

Spiritual Formation – Spiritual Formation is essentially a form of one-on-one Discipleship, helping to guide you in your journey of following Jesus. It is **a way to learn and grow in the two greatest commandments...** Love the Lord your God with all your heart, soul, mind, and strength. And to Love your neighbor (family, friends, co-workers, neighborhood, and the nations) as yourself. Paul says in Galatians 4:19, “I labor until Christ is formed in you.” It would be an honor to join you on your journey as you seek to:

- *Rest your heart, soul, spirit, and mind in God.*
- *Receive the good gifts God has for you.*
- *Renew your mind in the Truth and Light of Christ.*
- *Hear God’s Voice through His Holy Spirit.*
- *Walk in Full Freedom and Divine Nature.*
- *Learn to Read the Bible for Transformation, not information.*
- *Understand and Respond to God’s purpose and plan for your life.*
- *Learn rhythms of Silence and Solitude with God.*
- *Understand fasting and prayer.*
- *View challenges or difficult circumstances as invitations for deeper faith, hope, and love.*