



# MIDDLE JUDICATORY LEADER COACHING

## WITH REV. GREGG SEALEY

### Virtual and In-Person Gatherings for Restore & Renew Participants

#### YOUR OPPORTUNITY FOR PERSONAL AND PROFESSIONAL GROWTH

This small-group cohort offers a transformative yearlong coaching experience tailored to the unique needs of leaders such as District Superintendents, Executive Presbyters, Bishops, Regional Ministers, and Judicatory Ministers. Beginning with an Educational Opportunities (EO) cruise in January 2025, participants will embark on a journey of personal and professional development aimed at enhancing their leadership skills and deepening their sense of community and purpose.

#### WHAT TO EXPECT: A YEARLONG JOURNEY OF TRANSFORMATION

- **Deep Sense of Community:** Addressing the loneliness often experienced in supervisory roles, participants will build a supportive network with peers who understand their unique challenges.
- **Personal and Professional Growth:** Through group and individual coaching sessions, participants will develop skills in areas such as conflict resolution, work/life balance, and coaching their supervisees.
- **Enhanced Leadership:** Participants will reconnect with their sense of call to supervisory ministry, gain greater clarity about their next steps, and feel more hopeful and encouraged in their roles.
- **Project-Based Focus:** Each participant will work on a project of their choosing, such as preventing burnout, discerning new ministry paths, or other initiatives that resonate deeply with their personal and professional goals.

#### MEET YOUR COACH AND FACILITATOR

Gregg Sealey (CPCC, PCC) has had many prominent leadership roles in which he has encountered the soaring heights and crushing lows of being a leader. He is an ordained United Methodist pastor who has served as a local church pastor, chair of the Pacific-Northwest Episcopal Area's Board of Ordained Ministry, and as a district superintendent and dean of the Pacific-Northwest Episcopal Area Cabinet. He now serves as a life and leadership coach (and consultant) who specializes in healing conflicts. Gregg is passionate about intercultural competency.



Rev. Gregg Sealey  
CPCC, PCC

**Cost** for the yearlong program is \$5,700 per person plus the cost of cruise registration, which starts at \$669 for a double occupancy interior room. (Participants are responsible for airfare and lodging in the cruise port city, excursions and gratuities, as well as airfare to retreat locations, when applicable.)

#### MIDDLE JUDICATORY COHORT | 2025 DATES



Sessions are designed to accommodate the unique rhythms of your ministry seasons. In general, the group will meet for 90 minutes on Zoom at 11 a.m. PST on the first Mondays of each month.

Additionally, the group will meet at the same time on Mondays, April 22, May 19, and August 18.

Jan. 20-25	Kick-off Cruise (Creating Agreements & Team-Building)
February 3	How Do I Manage My Nervous System?
March 3	Integration, Discussion & Coaching
April 7	What Is My Purpose & Vision?
April 22	Integration, Discussion & Coaching
May 5	What Are My Values?
May 19	Integration, Discussion & Coaching
June 2	What Makes My Soul Sing?
July 7	Integration, Discussion & Coaching
August 4	Difficult Truths
August 18	Integration, Discussion & Coaching
September 8	What Else?
October 6	Integration, Discussion & Coaching
November 3	Integration, Discussion & Coaching
December 1	Integration, Discussion & Coaching
Dec. 16-19	(Tentative dates for culminating retreat)