

Thriving  
Churches **360**

*Empowering churches in  
a complex world*

# **Mind Health's** aim: *Healthy leaders leading thriving churches*

Kia ora,

Leadership is not easy and made harder with increasing complexities in our society.

To support you and your church we:

- equip you as a leader with greater resilience and help you remain spiritually focused on what God has called you to.
- train those in your team to support those in their care effectively, safely, and wisely.
- resource your people to be healthy, resilient, and growing in their discipleship.

Whether you're just holding it together personally, or wanting to train your people so they wisely handle complex issues, or wanting to take the church to the next level, we have people and resources who can help. You can use our services as needed or have us create a Mind Health strategy plan tailored to your needs. Either way, we're here to help.

Blessings,

**Richard Black**

COUNSELLOR & DIRECTOR

BA, BD, MCouns (Distinction), MNZAC





**Wellbeing for all**

**Outcome:** Increased wellbeing, passion and productivity of your staff and team. Fewer sick days and an increased ability to work well with others.

**Equipping with new skills**

**Outcome:** Greater mental health, emotional awareness, and relational skills in your people. A deeper love for God and an increased spiritual clarity and resilience.

**Pastoral Care training**

**Outcome:** A healthier church environment, with your team equipped to provide appropriate levels of care for those with a range of needs.

**Leadership support**

**Outcome:** Healthy, resilient, and spiritually focused leaders. Leaders feeling resourced and supported in navigating the complexities of their role.

*You can use our services ad hoc, or we can tailor a strategy plan to best support your needs.*

## Wellbeing for all

### One on One Sessions

**Counselling** – help to heal, process, and overcome personal difficulties in a safe space, with a faith affirming form of counselling.

**Employee Assistance Programme (EAP)** – up to three, confidential, personal counselling sessions available to employees and team as needed during the year.

**Employee Wellbeing Programme (EWP)** – four sessions focused on wellbeing and personal development that are spaced through the year to proactively support the wellbeing of an employee or team member.

**Professional Supervision Programme (PSP)** – 8 sessions yearly, focused on wellbeing and processing ministry life in a safe and confidential space.

### 1 hr personalised sessions

Tailored to your staff or team member's need. They can book sessions with us independently. Your church will be invoice (anonymously) for sessions once per month.

## Equipping with new skills

**Team training** – workshops and seminars focused on enhancing a team member's wellbeing, resilience, and capabilities both personally and collectively.

**Congregational equipping** – seminars and sermons focused on enhancing wellbeing, emotional maturity, and people skills, that is faith affirming and biblically informed.

### One on One Sessions

**Excel** – 3 coaching sessions on an area for personal improvement.

### Tailored talks and training

– various lengths to enhance ministry, embed new skills, and deepen discipleship.

### 3 x 1 hr personalised coaching

## Pastoral Care training

**Pastoral Care 101** – one day training to upskill your pastoral carers.

**Pastoral Transformation Course** – a comprehensive course designed for personal transformation and enhancing pastoral skills. Learn proactive tools to enable you to provide better care and support. Available online or in-person.

**Complex Pastoral Issues** – half day and full day training to equip your team to navigate complex issues and provide safe and appropriate levels of care.

### One on One Sessions

**Supervision individual or group** – 8 sessions yearly to process pastoral situations.

**3 x specialised training** – to equip with skills for caring well in a complex world

### 8 x 1hr personalised sessions

## Leadership support

**Thriving Leaders** – An online or in-person seminar (10 hours), that explores key dynamics undermining leaders on a daily basis, and how to build resilience, maintain spiritual focus and enthusiasm in your leadership role.

**Leadership Transformation Course** – 12 months programme where the Thriving Leaders online content is viewed in sections then processed and applied through 8 personalised coaching sessions to embed genuine leadership transformation.

**Pastoral Transformation Course** – A one-year course tailored to transform you as a leader. Includes: essential talks, practical exercises, and personalised coaching.

### One on One Sessions

**Professional Supervision Programme** – 8 sessions yearly, focused on wellbeing and processing ministry life in a safe and confidential space.

**Leadership Coaching Programme** – 8 sessions yearly, focused on skill development and enhancing your ministry and leadership ability.

### 2 x specialised training courses

### 8 x 1 hr personalised sessions

# INVESTMENT

Our services are offered to churches usually between 20-80% below market rate.

## Wellbeing for all

**Counselling & Supervision Sessions**  
\$130.43 per session

24/7 online booking system

**Employee Assistance Programme**  
\$130.43 per session

**1 hr personalised sessions** tailored to your staff or team member's need. Staff members can book sessions with us independently.

**Employee Wellbeing Programme**  
\$40 monthly per person

Your church will be invoiced (anonymously) for sessions and programmes once per month.

**Professional Supervision Programme**  
\$80 monthly per person

## Equipping with new skills

**Workshop (Half day)**  
\$1500 per event. Capped 20

It is recommended that each year staff and team experience a minimum of 2 New Skills Workshops: 1 focused on Personal Growth, and 1 focused on People Skills

**Workshop (Full day)**  
\$2500 per event. Capped 20

**Congregational Event**  
Contact us for a per person or capped rate for your church.

## Pastoral Care training

**Pastoral Care 101**  
Contact us for a per person or capped rate for your church.

Churches who train their pastoral care people in pastoral care skills increase the likelihood that mental distress and complex issues are handled early, effectively, and safely.

**Pastoral Transformation Course**  
\$125 monthly per person

It is recommended that all ministry and home group leaders do Pastoral Care 101, and all those in your pastoral care team complete the Pastoral Transformation Course.

**Complex Issues**  
Half day \$1500 per event. Capped 20  
Full day \$2500 per event. Capped 20

## Leadership support

**Thriving Leaders online yearly access**  
\$39 monthly per person  
\$100 monthly per church/campus

It is recommended that leaders:

**Leadership Transformation Course**  
\$125 monthly per person

1) Complete both Leadership Transformation Course and Pastoral Transformation Course, one per year.

**Pastoral Transformation Course**  
\$125 monthly per person

2) Have 8 sessions of supervision and/or leadership coaching each year.

**Professional Supervision Programme**  
\$80 monthly per person

It is recommended that all those in leadership, or work with high people contact, have regular supervision. Those in leadership positions also greatly benefit from growing their leadership and people skills.

**Leadership Coaching Programme**  
\$80 monthly per person

# Next steps

## Four steps to creating a flourishing organisation

1

### Book a free consultation

Let us know your objectives or challenges to be addressed, and we share our suite of tools and programmes that will best meet your needs.

2

### Customise your Mind Health plan

Together we design a plan, using the tools and resources of **Mind Health 360**, to chart a course towards a resilient and healthier church.

3

### Implementation

Once your Mind Health plan is tailored to your needs, we then co-ordinate with you to roll-out the requested services.

4

### Enjoy and evaluate

Sit back and enjoy the benefits of a healthier workplace. We will review the progress being made each year with you, and discuss any alterations needed.

*Empowering your leaders and your people so your church can thrive*



*"As a Christian leader I can't stress enough how valuable my regular session with Mind Health has been. It helps me navigate those things in my leadership and personal life that at times have felt completely overwhelming. This is one of those things that I go why didn't I do this years ago. I can't recommend Mind Health highly enough"*

*Ps Adam White, Leader New Life Churches NZ*

*"The supervision I have with Richard is to my ministry what a tonic of essential vitamins is for the body. Richard attends to the issues and helps me stay focussed during each session. His process is clear and the wisdom he brings is deeply reassuring as I know I am in good hands. Each session helps me be a better leader, husband, and disciple."*

*Rev. Simon Martin, Bishop's Chaplain, Nelson Anglicans*

*"Richard and the team at Mind Health have been a tremendous support to our staff and in particular our pastoral team. They have provided world class supervision, counselling services and team training, especially in times of crisis. We highly recommend Mind Health for your church team and organisation."*

*Ps Ben and Amy Kendrew, Senior Leaders Arise*

*"Richard Black is a very fluent and effective presenter and his Mind Health material was very well received."*

*Ps Tak Bhana, Church Unlimited Auckland*

*"You are such a blessing to us and the wider body"*

*Ps Sam Tolley, Church Unlimited Auckland*

*"I am a big fan of your work and will promote my positive experiences with Mind Health to others."*

*Major in Salvation Army*

*"We have never heard this stuff before. You're distinction between identity, calling and role is life-giving and freeing."*

*Living Stones senior leader*

*"The course, your personal input, and your vision have been inspirational. The other members of the team and how we all came together is an example of how God intends us to fellowship. Thank you for all you have gone through and sacrificed to be able to share and teach what you do."*

*Pastoral Transformation Course participant.*

*"The feedback was amazing. Thanks for helping us to look like we know what we're doing. We are always truly grateful for the gift you have of communicating difficult things in such a simple way and hence helping us all to become free and experience more freedom."*

*Church leader*

*"We have partnered with Richard Black and Mind Health for several years now. Richard's training seminars have been invaluable to us as staff [and] we refer our congregation members to Mind Health counsellors. We can always trust that they will receive sound and practical counselling that addresses people's real needs. We really appreciate that Richard enquires to find the current needs of church leaders and meets them head on with focused training and resource to support them. He is well-equipped to understand the varied and unique needs of churches and church leaders in these changing times. We highly recommend working with Richard and Mind Health for the benefit of your leadership, staff and congregation."*

*Carl & Angela Crocker, Lead Pastors, Life Church*