

ASSEMBLIES OF GOD THEOLOGICAL SEMINARY
Doctor of Ministry/MACM Professional Life Coaching Course 1
February 2-5, 2010

PTH 901_(D.Min.) Renewing The Spiritual Leader
MHTM 555_(MACM) Emotional & Spiritual Formation of the Leader

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COURSE SYLLABUS

COURSE DESCRIPTION

This course is designed to equip ministers, helpers, counselors, and life coaches to facilitate the process of lifelong spiritual and emotional transformation and maturation. This course examines the impact of one's emotional and spiritual development on ministry and coaching effectiveness. Attention will be given to the cultural, familial, intra-psychic, interpersonal, and spiritual dynamics that serve to forge one's sense of self and spiritual life. Special attention will be given to the effective incorporation of spiritual disciplines.

COURSE OBJECTIVES

The objectives of this course are stated behaviorally and are built around personal investigative reflection. Thus, upon successful completion of the course the student should be able to:

1. Explain the integration, importance and interplay of wholeness and holiness.
2. Examine the qualities of a mature personality and what is meant by the term "solid sense of self" and what distinguishes healthy personality functioning from immature personality development.
3. Display self-awareness through a journey of discovery of one's God given strengths and analysis of personal awareness.
4. Identify personal obstacles which may impede personal and spiritual growth and ministry effectiveness.
5. Evaluate the impact of critical formative events (personal and family relational history, personal development, and life experiences) on one's theological outlook, psychological functioning, and effectiveness as a person.
6. Summarize one's own emotional and spiritual development and implications for their role as a Christian Life Coach.
7. Create a plan for ongoing assessment and future spiritual growth.

WritingWorkshop: Tuesday Afternoon

Dr. Lois Olena will provide a writing workshop during class on *Tuesday, February 2 from 2-5 p.m.* This session will provide you with resources, tools and instruction that will position you for

success in writing your papers throughout your academic journey. To further aid you in developing your writing skills and to acquaint you with the expectations of writing at the graduate level, you are required to submit your 12-15-page post-session paper to her (at lois@olena.com) by **April 4, 2010** at our current D.Min. editors' rate. Dr. Olena will provide helpful evaluation and feedback that will add great value to your writing abilities.

TEXTBOOKS & READINGS:

Student is to read at least 2,000+ pages for course one of the Coaching Cohort I. Four of the five required text books are to be read in their entirety before the first cohort for a total of 1,228 pages. Following the cohort the student will read an additional 770+ pages, for a combined total of at least 2,000+ pages read.

Pre-session Required Reading:

*Required Text Books

*Boa, K. (2001). *Conformed to His Image: Biblical and Practical Approaches to Spiritual Formation*. Grand Rapids, MI: Zondervan. (544 pages)

*McIntosh, G.L. & Rima, S. D. (1997). *Overcoming the Dark Side of Leadership: The Paradox of Personal Dysfunction*. Grand Rapids, MI: Baker Books. (256 pages)

*McNeal, R. (2000). *A Work of Heart: Understanding how God Shapes Spiritual Leaders*. San Francisco, CA: Jossey-Bass Publishers. (176 pages)

*Willard, D. (2002). *Renovation of the Heart: Putting on the Character of Christ*. Colorado Springs, CO: NAVPRESS. (252 pages)

Pre-session Required Reading: Total 1228 Pages

Required Post-session Reading: (770+ pages)

*Ortberg, J. (1997). *The Life You've Always Wanted: Spiritual Disciplines for Ordinary People*. Grand Rapids, MI: Zondervan. (288 pages)

{In addition to reading *The Life You've Always Wanted*, student is to read at least 240-250 pages from any of the following five books. The remaining required pages can be chosen from the supplemental reading list at the end of the syllabus, for a combined total post-reading of 770+ pages.}

➤ Foster, R. J., & Smith, J. B. (1993). (eds.). *Devotional Classics: Selected Readings for Individuals and Groups*. San Francisco, CA: Harper. (400 pages)

➤ Stevens, R., Green, P., & Green, M. (2003). *Living the Story: Biblical Spirituality for the Everyday Christian*. Grand Rapids, MI: Eerdmans. (240 pages)

- McNeal, R. & Blanchard, K. (2006). *Practicing Greatness: 7 Disciplines of Extraordinary Spiritual Leaders*. San Francisco, CA: Jossey-Bass. (192 pages)
- Nouwen, H. (1989). *In the Name of Jesus*. New York, NY: Crossroad Publishing Company. (81 pages)
- Tan, S. & Douglas, G. (1997). *Disciplines of the Holy Spirit: How to Connect to the Spirit's Power and Presence*. Grand Rapids, MI: Zondervan. (240 pages)

1. Pre-Session (275 total points)

- *Read*: Read all books on the required reading list (1228 pages). (NOTE: It is a violation of academic policy to claim books previously read for academic credit. If you find yourself in this situation, substitute a book(s) from the required post-session required list of five books or contact the instructor. (150 points) **Due Date: February 2, 2010**
- *Write*: Write a 2-3 page reflection/interaction paper for *The Dark Side of Leadership* and a 2-3 page reflection/interaction paper for *A Work of Heart*. The intent is to evaluate the books' contribution to your life. The goal is not to be a critical book review. The reading is intended to provide a pathway to deeper self-awareness and reflection and to track emerging themes in your development as a person. It is recommended you write autobiographically by including specific experiences or areas of your life in your reflections. (50 points each for a total of 100 points). **Due Date: February 2, 2010**
- *Emotional Assessment and Analysis*: On the web go to the following site and take all or most of *The Christian Life Profile* and Spiritual Assessment and Analysis tests at <http://assess-yourself.org>. Score your own tests, study the results, and incorporate your findings in the Post-Session Writing Project. Bring along the results of your findings to the class as well. (25 points) **Due Date: February 2, 2010**

2. Session

- a. *Attendance* at all class sessions and activities
- b. *Active contribution* to the peer learning environment, including discussion, integration of pre-reading, and relationship-building. Participation by everyone is expected. During this course, you will be invited to self-examine and self-disclose. The goal is that our learning should not be compartmentalized in the intellectual corner of our lives. We will attempt to establish a collaborative environment in which you will be invited to share openly with your peers from your own experience and point of view. The efficacy of this learning experience, therefore, will directly depend upon your honesty, openness and respect for your peers.

3. Post-Session Projects (725 total points)

- a) *Read*: Read an additional 770+ pages from the post-session required reading. Saving a portion of the reading until after the course was done purposefully, so that the student can select and read books through the lens of class discussion. It is expected student will read a total of 2,000+ pages. Participants will submit two reading reports (attached) indicating how much of the reading has been completed. Full credit requires all reading be complete. (75 points). **Due Date: May 7, 2010**
- b) *Personal retreat*: Prior to beginning the Post-Session writing Project of a Spiritual Growth Plan, each participant is required to take an individual spiritual retreat of at least one day in length. The purpose of the retreat is prayer, Scripture study and meditation, journaling, and reflection on the participant's life, ministry, and spiritual formation. This is to be a time of disconnection from the outside world--offering God an opportunity to speak to us about our leadership and our lives. Reflections developed during the personal retreat should be integrated into the Writing Projects. (50 points)
- c) *Post-session Discussion Questions*: At the conclusion of the course, the professor will post 12 discussion/reflection questions from the required reading to be answered with the added insight gained from class lectures and discussions. (100 points) **Due Date: March 5, 2010**
- d) *Personal Story Map*: Create a personal "map" of your life—an emotional/psychological/spiritual map. Include your own spiritual/emotional experiences which stand out as formative experiences in the development of who you are. Look for themes--significant events and formative experiences. This can be in allegory, poetry, prose, diagram, timeline, power points, or in video form. Creative expression is encouraged. (50 points) **Due date: March 19, 2010**
- e) *Summative Project*: Integrative paper is a 12-15 page paper which is a personal reflection on ones' emotional, psychological, and spiritual development journey. It integrates one identity, faith experience, psychological development, and life experiences. Student is to engage in a self-assessment addressing the following areas in some manner: (a) Influence of family-of-origin dynamics (b) Emotional well-being and ways of coping with stress and defense mechanisms (d) Physical well-being and coping; (d) Spiritual development and formation; and (e) A barrier to break. Address strengths, insights gained and identified deficits and limitations. Summative paper must show evidence that objectives stated in the syllabus have been achieved by the student. Paper is to be a personal application paper. Data from spiritual assessment should be incorporated.
- f) In the paper, student is to identify a *Barrier to Break*: This is a specific concept or trait that you realize is a barrier to your intra-psychic, interpersonal development and/or spiritual growth. A barrier might be an issue such as stress, fear, anger, weak conflict resolution skills, frustration, abuse (being defiled in some way), resentment, or irrational thinking, lack of discipline, ect. Locate reading resources and prayerfully research ways to ameliorate that barrier. This may include relevant scriptures, exercises, learning

activities, spiritual disciplines, self-help books, and professional counseling. Paper must include a strategy for change and growth, a plan to accomplish this change, and how you will assess your success. This must be submitted in a format as per required by the professor. The body (not to include title page, reference list, etc.), must be 12-15 pages in length and a minimum of 12 resource other than the required text books are required. (400 points) **Due Date: May 4, 2010**

- g) *Projections for an ongoing personal spiritual growth plan:* In light of this educational experience and insight gained from your personal retreat, where will you go from here? What does your immediate plan for ongoing spiritual growth look like? (Be sure to include growth goals, practical action steps, means for accountability, and means of evaluation). What does your long term plan for spiritual growth look like? Paper is to be a two – three page assessment and plan of action. (50 points) **Due Date: Postmarked no later April 23, 2010**

Note:

- All written work is to be formatted according to the *Turabian* style manual 7th edition.
- All written work is expected to be graduate level quality. Papers will be expected to be the original work of the student and to be properly documented.
- Academic integrity. Any form of academic dishonesty, including plagiarism will not be tolerated. Writing from previous courses may not be recycled.
- **Hardcopies** of the completed Post-Session Writing Projects must be submitted to the D.Min. Office.

COURSE GRADING

Expectations are high. An “A” is awarded for excellent work, a “B” for a good effort; a “C” is marginal, etc. Grading is a composite of points earned in each phase of the course:

Pre-Session Reading	150 points
Two Book Critiques	100 points
Post-Reading:	75 points
Christian Life Profile Assessment	25 points
Post-Session Discussion Questions	100 points
Personal Story Map	50 points
Personal Retreat	50 points
Summative Post-Session Project:	400 points
Spiritual Growth	50 points
TOTAL:	<u>1000 points</u>

AGTS GRADING SCALE

Publishable = A+
 100% - 94% = A
 93% - 90% = A-

89% - 87% = B+
86% - 84% = B
83% - 80% = B-
79% - 77% = C+
76% - 74% = C
73% - 70% = C-
69% - 67% = D+
66% - 64% = D
63% - 60% = D-

LATE WORK

Each week beyond the due date by which Post-Session work is received will reduce its score by one letter grade.

CELL PHONE POLICE

Please turn off cell phones before the beginning of class. Please do not talk on the phone during class.

SPECIFIC DATA

Prepared by: Melody Palm, Psy.D., December, 2009

****Professors reserve the right to modify the course requirements if necessary.**

PRE-SESSION READING

Required Books (Read All)

Boa, K. *Conformed to His Image: Biblical and Practical Approaches to Spiritual Formation*. Grand Rapids, MI: Zondervan, 2001. (544 pages)

McIntosh, G. L. & Rima, S. D. (1997). *Overcoming the Dark Side of Leadership: The Paradox of Personal Dysfunction*. Grand Rapids, MI: Baker Books. (256 pages)

McNeal, R. (2000). *A Work of Heart: Understanding How God Shapes Spiritual Leaders*. San Francisco, CA: Jossey-Bass Publishers (176 pages)

Willard, D. (2002). *Renovation of the Heart: Putting on the Character of Christ*. Colorado Springs, CO: NAVPRESS. (252 pages)

AGTS- Life Coaching Course I: Pre-session Reading Report

Name (Please print): _____

Verify the portions of the assigned “Pre-session Reading Lists” you have read for this course. (Where substitutions have been made, note accordingly.) *Part I of this form is to be turned in on the first day of the in-class session, Feb 2nd, 2010.*

Required books: 1228 pages Part I

Signature _____ *-Pages Read* _____

POST-SESSION READING

AGTS- Life Coaching Course I: Reading Report II

Name (Please print): _____

Read a minimum of 770 pages (Part II).

<i>Name of Book</i>	<i>Pages Read</i>
The Life You Always Wanted	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

** If you have a book you would like to read on the topic of the spiritual or emotional formation of a Life Coach, which is not listed in the additional readings please let me know and receive prior approval for a substitution.

Signature _____ *Total Pages Read*

READ REMAINING PAGES FROM THE FOLLOWING BOOKS

(Do not use books you have previously used for another cohort or educational endeavors)

Additional Reading list will be passed out first day of class.