

Topic		Description & Presenter
Enneagram: a Tool for Inner Transformation and Growth		<p>Enneagram invites us to look deeply into the mystery of our true identity by becoming curious about ourselves, more reflective and introspective about our behaviours, attitudes, patterns, gifts and our shadows.</p> <p style="text-align: right;">Febe Aguirre, MEd, CSD</p>
The Lure of the Net: Social Media and Internet Pornography (could also be on pornography alone)		<p>This will offer some insight into the widespread usage of social media and its impact on society. It will also focus on the possible origins, types, effects and treatment of pornography.</p> <p style="text-align: right;">Elaine Dombi, SSJ, MA, ICADC</p>
Addiction – What is it? How to address it?		<p>This will look at the role of the brain in addiction, the distinction between compulsion or addiction, intervention and post treatment considerations.</p> <p style="text-align: right;">Elaine Dombi, SSJ, MA, ICADC</p>
Avoiding Burnout		<p>This will explore degrees of burnout, the contributing factors and offer practical ways to be aware of and address daily stressors.</p> <p style="text-align: right;">Elaine Dombi, SSJ, MA, ICADC</p>
Change: It is Inevitable		<p>Identifies the cycle of change and how it impacts an individual and an organization.</p> <p style="text-align: right;">Dorothy Heiderscheit, OSF</p>
Retirement for Mission: Journey into Deeper Love		<p>Addresses the issues of grief and loss when contemplating retirement from active/paid ministry</p> <p style="text-align: right;">Dorothy Heiderscheit, OSF</p>
Issues of Aging: Growing Old Gracefully		<p>Addresses the process of aging and the importance of addressing life's challenges before the final stages of life.</p> <p style="text-align: right;">Dorothy Heiderscheit, OSF</p>
Last of the Summer Wine		<p>Challenges of Aging and tips on putting in place attitudes and behaviors to assist in positive aging.</p> <p style="text-align: right;">Dorothy Heiderscheit, OSF</p>
Community Living Skills		<p>Skills that are important for living healthy community, especially including conflict.</p> <p style="text-align: right;">Dorothy Heiderscheit, OSF</p>
Gifts of Love with a Bow of Grace		<p>Living into later years with positive mental health</p> <p style="text-align: right;">Dorothy Heiderscheit, OSF</p>
The Gift of Sexuality		<p>Identifies messages we learned about sexuality and addresses various concepts of sexuality, including healthy sexuality, gender identity, etc.</p> <p style="text-align: right;">Dorothy Heiderscheit, OSF</p>

Intimacy and Living Healthy Religious Life		<p>This is ordinarily a follow-up workshop to Sexuality addressing the various components of intimacy and its importance for living a healthy celibate life.</p> <p style="text-align: right;">Dorothy Heiderscheit, OSF</p>
Keeping Our Soul Alive		<p>The seminar focuses on the factors that erode our soul and deplete our energy such as shame, guilt, unrealistic expectations, and unresolved issues from our past. As well, this seminar focuses on the importance of self-care strategies for keeping our soul alive.</p> <p style="text-align: right;">Eran Talitman, PhD</p>
Resilience		<p>This seminar focuses on the most important factors involved in becoming and maintaining resilience in our daily life.</p> <p style="text-align: right;">Eran Talitman, PhD</p>
Guidelines For Developing and Maintaining Appropriate Ministerial Boundaries		<p>This seminar focuses on the issues of the concept of a fiduciary relationship, power, the process of boundary violations, who is most at risk for violating boundaries, and self-care.</p> <p style="text-align: right;">Eran Talitman, PhD</p>
Responding to the Call to Healthy Priesthood		<p>This seminar focuses on the importance of intimacy, self-care and factors involved in being resilient in our ministry. As well, this seminar focuses on the warning signs that tell us that we are not doing well and need assistance to cope more effectively.</p> <p style="text-align: right;">Eran Talitman, PhD</p>
The Importance of Developing Intimate Relationships		<p>This seminar focuses on the definition of intimacy, the factors involved in an intimate relationship, and the importance of intimate relationships in our ability to function effectively in ministry. This seminar also addresses issues of loneliness and recognizing our risk for violating boundaries.</p> <p style="text-align: right;">Eran Talitman, PhD</p>
Navigating Personality Disorders: Issues, Challenges, and Solutions		<p>This seminar focuses on the most common personality styles/disorders amongst religious and clergy. The seminar will focus on outlining the characteristics of each style, the impact on leadership, and suggestions for intervention.</p> <p style="text-align: right;">Eran Talitman, PhD</p>
Effective Leadership		<p>This seminar focuses on the traits, attitudes, and behaviors of effective leaders. This seminar also focuses on highlighting each of our own strengths as leaders.</p> <p style="text-align: right;">Eran Talitman, PhD</p>
Navigating Age-related Cognitive Diseases: Developing an approach to deal with complexity and change		<p>Experts continue to learn about the diseases that cause cognitive decline and their interaction with other mental health issues. This seminar will discuss factors that contribute to the complexities involved with an overarching goal of managing cognitive decline with dignity and grace.</p> <p style="text-align: right;">Benjamin R. Williams, PhD, CPsych</p>

Mindfulness: A window into the sacred in the present moment	1.5 hrs.	<p>Mindfulness is beginning to be recognized as an important tool in approaching mental health concerns and developing regulation of emotion, flexibility in responding to life situations, healthy relationships and self-concept. This session will introduce participants to the concept of mindfulness, and how as a practice, it can assist us in connecting with the sacred in our everyday experience.</p> <p style="text-align: right;">Benjamin R. Williams, PhD, CPsych</p>
Navigating Anger and Conflict	3-4 hrs.	<p>The seminar focuses on non-violent communication techniques and strategies to enhance our ability to manage conflict effectively.</p> <p style="text-align: right;">Eran Talitman, PhD and Benjamin R. Williams, PhD, CPsych</p>

***The stated length of time is generalized. Presentations are able to be adjusted to fit your specific needs, either for a longer or shorter timeframe.**