



## **Mental Health and Leadership: Dealing with Yourself and Others (Seminar)**

*Dr. Katrina Marsh*

### **COURSE DESCRIPTION:**

This seminar will explore from the inside out, how we care for ourselves and others. We will focus on the importance of self-reflection and the process of it leading to how we show up for ourselves (i.e. Self-care) and care for those God entrust us with in our ministry.

### **COURSE DATES:**

*December 10, 2022*

### **COURSE FORMAT:**

*All class sessions are on Saturday*

**9:00A–12:00P (Hawaii) | 11:00A–2:00P (Pacific) | 2:00P–5:00P (Eastern)**

**Single-Session Seminar**

### **COURSE COST:**

**\$75 General Public | \$50 Current PSR Students**

*0.5 CEUs available @ additional \$35*

*Special pricing has been negotiated for UCC Hawaii, TFAM, MCC L.E.A.D. & CTEL Continuing students. Identify your group on Registration Form.*

### **REGISTRATION:**

**<https://forms.gle/ABPxNJ9uZH55hLX1A>**

**Registration must be submitted by 5P (Pacific) Wednesday Dec. 7**  
Course fee must be paid before the start of the 1st class session.

For further information, contact:  
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