

FEELING OVERWHELMED?

YOU'RE NOT ALONE — AND YOU DON'T HAVE TO CARRY IT ALL.

Counseling and coaching can help you find support, clarity, and a healthier way forward.



WHAT IS BURNOUT?

WHEN YOU'VE BEEN RUNNING ON EMPTY FOR TOO LONG

Burnout happens when ongoing stress, demands, and emotional investment leave you feeling exhausted, overwhelmed, and disconnected.



YOU MIGHT NOTICE:

- Constant fatigue (even after rest)
- Decreased motivation or joy
- Feeling irritable, anxious, or numb
- Difficulty focusing or making decisions
- Dreading responsibilities you used to enjoy
- Feeling like you have nothing left to give

IT'S NOT JUST BURNOUT...

THERE ARE MANY REASONS CHURCH WORKERS SEEK SUPPORT

- Anxiety or constant worry
- Depression or feeling stuck
- Life transitions (new role, move, retirement)
- Grief and loss
- Marriage or family challenges
- Stress from ministry or work demands
- Conflict with colleagues, leadership, or congregation
- Trauma or past hurts
- Difficulty setting boundaries
- Feeling overwhelmed, discouraged, or isolated
- Desire for personal or professional growth



WHAT IS COUNSELING?

A SAFE SPACE TO HEAL AND FIND CLARITY

Counseling provides a supportive, confidential space to work through life's challenges, improve emotional health, and develop healthy coping skills.



IT CAN HELP WITH:

- Managing anxiety, depression, or stress
- Processing past or current difficult experiences
- Improving relationships and communication
- Building healthy boundaries
- Finding hope and direction when life feels overwhelming

WHAT IS COACHING?

PRACTICAL SUPPORT FOR GROWTH AND NEXT STEPS

Coaching focuses on your strengths, goals, and future. It helps you gain clarity, build skills, and create practical strategies for personal and professional growth.



IT CAN HELP WITH:

- Leadership development
- Goal-setting and action planning
- Navigating new roles or transitions
- Improving time management and organization
- Strengthening communication and team dynamics
- Building confidence and stepping into who God created you to be

WHY GET SUPPORT?

BECAUSE HEALTHY CHURCH WORKERS BUILD HEALTHY MINISTRIES

- Improved emotional and mental health
- Stronger relationships at home and at work
- Greater resilience and stress management
- Increased confidence and effectiveness in ministry
- A healthier, more sustainable rhythm of life
- The ability to serve others from a place of wholeness, not depletion
- Healthier schools, congregations, and church communities

YOU DON'T HAVE TO DO THIS ALONE.

SUPPORT IS A SIGN OF STRENGTH, NOT A WEAKNESS.

- It's okay to ask for help.
- You don't have to wait until you're in crisis.
- Counseling and coaching can help you now—before you're completely drained.
- There are people who understand the unique challenges of ministry and education.
- Support can help you reconnect with your purpose, restore your joy, and continue to make a difference.







Caring for yourself helps you continue to care for those you serve. ♡