

## Spirituality: Day by Day™

### A Twelve-Week Journey in Group Formation By Leadership Formation Partners

**Spirituality: Day by Day** is a twelve-week, two-session formation opportunity that increases awareness of the sacred in the everyday and enhances spirituality in the workplace. Ideal for organizations and employees who want a broad introduction to the formation process.

#### Outcomes that Matter

- Supports mission-driven culture and integration of reflection
- Builds community among participants to support and sustain the mission
- Establishes individual and shared reflection as essential practices of leadership and the ministry of healing
- Utilizes expert-developed content in a flexible blended learning environment
- Builds competence in helping to enhance the spirituality of the workplace
- Nurse Option: Awards 30 hours of CEUs

#### Program Features

Content and formation activities explore principles, approaches, and processes core to Catholic healthcare's foundational traditions. Both sessions weave together content and reflective exercises that apply across multiple levels of education, culture, and organizational position. The sessions offer a toolkit for the journey and for taking insights back to the workplace.

Session One introduces and defines spirituality. Each week has opportunities to reflect on one's own spirituality and consider how spirituality is central to caregiving, and integrated into the workplace and organizational life. Session Two provides ample opportunities to cultivate practice of spirituality through various approaches. Participants are encouraged to find their individual practices as well as ways to integrate spirituality into the workplace.

#### Implementation

The organization identifies a cohort of 25 participants and one or two facilitators. LFP provides content developed by experts, an online community space, and orientation and training for facilitators. While in session LFP provides journals for participants, agendas and facilitator notes, an evaluation, and conference-calling technology (if needed). Facilitators receive ongoing support and gain competence in leading formation programming.

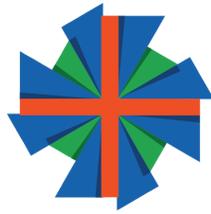
**Leadership Formation Partners** provides ministry formation opportunities to deepen connection with mission and to increase satisfaction with work. Our scalable, affordable and easy-to-implement programs establish communities of committed workers who foster relationships and learn to integrate mission and spirituality into the workplace. Our award-winning design for formation develops competencies to continue Catholic ministries.

#### For more information contact:



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# SPIRITUALITY: *Day by Day*™

By Leadership Formation Partners

## What participants are saying about *Spirituality: Day by Day*

### Sharing throughout the organization

*“The journey through these weeks of exploring spirituality has provided awareness for me in my everyday work. Taking the time to look for my small group members and sharing these opportunities with other staff who ask ‘what are you guys doing?’ has offered an opportunity to bring others into the spirituality quest.”*

### Seeing a bigger picture

*“This formation opportunity has provided the quiet moments of contemplation and centering that is often overlooked in our busy days. Creating the awareness of something bigger than yourself has been enlightening.”*

### Finding meaning and purpose in work

*“During the Spirituality: Day by Day I thought: I just love what I do, and whom I get to do it with and whom we collectively get to do it for.”*

### Enjoying Community support

*“My formation group met today. We reflected on busy days in ER. We all shared what makes us stop and appreciate the beauty of the moment, and where we can disconnect from the chaos of our current surroundings.”*

### Practicing reflection

*“I have learned from this program to pause for a moment, take a deep breath and refocus or reset why I am here and how can I be of help in the department. After a few minutes, I feel like I am better and focus to take care of our patients.”*

### Finding the sacred in patient care

*“Through Spirituality: Day by Day I am learning that today could be a sacred day for a patient in my care. For example, I had a patient last week who was on pending hospice care. Despite the unfortunate circumstances, he was still trying his best to spend meaningful time with his family. I found the patient's strong will and family's endless support sacred. In addition, I found our care to ease their pain as sacred.”*

### Facilitator perspective

*“One of our cohort participants in ED used a quote from one of our SDBD sessions as a reflection at the ED huddle. The nurses all nodded in agreement and I could see that the quote was a welcome change from the reflections that are jokey or funny and not so meaningful. I also have had conversations where the participant is finding great value in the emails and have been writing in their journals. This has truly been a positive experience for many.”*

