



Spirituality: Day by Day

A Twelve-Week Journey in Group Formation

By Leadership Formation Partners

Leadership Formation Partners (LFP) provides a variety of ministry formation opportunities to deepen individual connection with mission and to increase satisfaction with work. Programs establish communities of committed workers who foster relationships and build competency for greater integration of mission and spirituality in the workplace. Time for reflection, community and relationships, connection to mission, purpose and meaning leads to greater satisfaction and productivity in the workplace according to research by the Gallup Organization.

Purpose: Provide a formation opportunity to increase awareness of the sacred in the everyday and increase competency to enhance spirituality in the workplace

Outcomes

- Supports mission-driven culture and integration of reflection
- Builds community among participants to help support and sustain the mission
- Establishes individual and shared reflection as essential practices of leadership and the ministry of healing
- Builds confidence and competence in helping to enhance the spirituality of the workplace

Content and formation activities will explore principles, approaches, and processes core to the traditions that are foundational to Catholic healthcare. There is a blend of content and reflective exercises woven throughout the two sessions. Content and activities will have application across multiple levels of education, culture, and organizational position. The sessions will offer a toolkit for the journey and taking it back to the workplace.

Session One: Foundations of Individual and Organizational Spirituality

Week 1: Exploring Meaning and Purpose - Individually

Week 2: Paying Attention – Finding the Sacred in Everyday Life

Week 3: Spirituality of Work

Week 4: Exploring Meaning and Purpose - Organizationally

Week 5: Discovering a Spirituality of Nature, Social Justice, Other

Week 6: Spiritual Practices

Session Two: Cultivating Practices of Spirituality and Taking it to the Workplace

Week 7: Journaling

Week 8: Lectio Divina - broadly

Week 9: Images, Art, and Creativity

Week 10: Meditation, Centering Prayer, and Movement

Week 11: Going Deeper

Week 12: Integration and Strength for the Journey

Spirituality: Day by Day is a twelve-week, two session offering for cohorts of up to 25 participants. Each session is six weeks in length with a break in between sessions. The organization identifies 25 participants and one or two facilitators. LFP provides expert developed content, an online community social space, orientation and training for facilitators before and during the sessions, journals for participants, agendas and facilitator notes, an evaluation, and conference calling technology and training. Facilitators gain competence and confidence in leading formation programming.

