

Integrated Emotional Health Cohorts

6.5 Months | Cohorts start October 2025 & February 2026

This cohort is designed specifically for pastors as a safe and challenging space to engage the Emotionally Focused Formation process (the second of our 3 core Emotionally Focused experiences). The 6-month journey gives you language and tools to try on new ways of showing up in your most important relationships.

You will join in 12 one-hour Zoom calls for teaching, conversation and coaching around topics of emotional health. Plus, you'll have access to expert voices and resources that speak to some of the unique challenges of pastoral leadership. You will also be guided through reflection and practice of new skills through a workbook and additional weekly small-group coaching calls. The cohort will feature one in-person retreat.

You'll Receive:

Monthly Large-Group Meetings focusing on:

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|---------------------------------|----------------------------|
| 1. Spiritual Practices | 7. Anxiety |
| 2. Emotions | 8. Differentiation |
| 3. Shame | 9. Guiding Principles |
| 4. Transformation Conversations | 10. Boundaries |
| 5. Defensiveness | 11. Deep Listening |
| 6. Vows | 12. Celebration/Harvesting |

Weekly Small-Group Coaching from seasoned Emotionally Focused coaches. (You will be asked about your availability when you register, so please have your calendar with you).

An In-Person Retreat for refreshment, connection and ministry with one another.

Your Commitment. We are looking for pastors committed to growing in emotional maturity, and willing to honestly explore the parts of their story that hold them back. We ask that you commit to being as fully present as possible, participating in each space designed for you. You will get the most out of this cohort if you are willing to name the current realities of your life with the group and your coach, believe change is possible, and try on new habits around how you show up in relationships.

Cost. We are offering this cohort at a discounted rate of \$250 plus travel to the retreat. (Retreat meals, materials, and lodging will be covered by Vineyard USA, travel to the retreat funded by participants).

For more information, contact Alison Groenendyk (alison.groenendyk@vineyardusa.org)