



STAYING GROUNDED IN THE STORMS OF LIFE

Virtual Continuing Education Event

Thursday, October 29th 7:00–8:30 pm CDT

Staying Grounded in the Storms of Life

We are living in unprecedented times. Even before the pandemic, researchers used the acronym VUCA to describe our lives. VUCA stands for volatility, uncertainty, complexity, and ambiguity which challenge us to stay rooted in calm, clarity, and courage. Being listened to helps us navigate VUCA and makes us more hopeful. God calls us each day to show up in our BeFriender skills and the world needs these skills right now. This event will focus on strategies for emptying our cups and understanding our tree rings in a VUCA world.

Event Details

Date

October 29th, 2020

Time

7:00 - 8:30 pm CDT

Participate from the comfort of your home or office.

Fee

\$20.00 per participant

Prior to October 29th, you will receive an email with a link to attend the virtual event.

How to Register

Online

www.befrienderministry.org

Continuing Education / National Office Events

Mail

Complete registration form and send with payment to:

BeFriender Ministry National Office
1120 E. 80th Street, Suite 105
Bloomington MN 55420

Presenter: Rev. Sarah Ciavarri



Rev. Sarah Ciavarri, M.Div. PCC, CDWF-C, CDTLF, loves seeing people get excited about their lives and futures. Sarah is a Certified Daring Way™ Facilitator-Consultant, Certified Dare to Lead™ Facilitator and a Professional Certified Coach through the International Coaching Federation. For eight years Sarah has traveled nationally keynoting and facilitating workshops on resiliency, vulnerability, and shame.

Sarah is a faculty member with Coaching4Today's Leaders and trains coaches. She's received numerous grants recognizing her work exploring shame and vulnerability in church contexts. Sarah is the author of Find Our Way to Truth: Seven Lies Leaders Believe and How to Let Them Go. Sarah has been the Director of Spiritual Care at Augustana Care Health and Rehabilitation of Apple Valley, MN for over twelve years, having earned four units (1600 hours) of Clinical Pastoral Education and is a graduate of Luther Seminary, St. Paul, MN where she was a Presidential Scholar.

BEFRIENDER MINISTRY

God is Present • Caring, not Curing • Active Listening • Nonjudgmental Presence

1120 E. 80th St. Suite 105, Bloomington, MN 55420 • 952-767-0244 • www.befrienderministry.org



REGISTRATION FORM

Staying Grounded in the Storms of Life Virtual Continuing Education Event

Thursday, October 29th, 2020

Time: 7:00 - 8:30 pm CDT

For each additional registrant please list the name, address, phone number, and e-mail address on the back OR include a separate list with contact information for each person.

Name _____

Phone _____
 Home Work Cell

E-mail _____

Preferred mailing address:

The address above is my: Home Church/organization

Church / Organization name and address:

Credit Card Information

VISA MasterCard Discover

Personal card Church/org card

Name as it appears on card (please print):

Billing address _____

City, State, Zip _____

Card number _____

Expiration date _____ CVC# _____

Signature _____

HOW TO REGISTER

- Complete the registration form, mail with payment to the BeFriender Ministry National Office at the address below
- Register and pay online at www.befrienderministry.org and choose Continuing Education/National Office Events

REGISTRATION and PAYMENT

_____ Number of registrations x \$20 = \$_____

A check payable to BeFriender Ministry in the amount of \$_____ is enclosed.

I authorize BeFriender Ministry to charge \$_____ to the credit card listed above.

Registrations are non-refundable. If you are unable to attend the session, you may transfer your registration for someone to attend the same session for which you were registered. Please notify the BeFriender Ministry office with the transfer information.

**BeFriender Ministry ♦ 1120 E 80th Street ♦ Suite 105 ♦ Bloomington, MN 55420
952-767-0244 ♦ info@befrienderministry.org ♦ www.befrienderministry.org**