



# The Outsized Impact of Practicing Empathy and Kindness on Mind, Body, and Spirit

Virtual Continuing Education Event

Thursday, October 26 6:30 – 8:00 pm CDT

Research shows that our words and actions have a more powerful impact on others than we would ever predict. How does practicing empathy and kindness build community, boost our happiness, and foster joy in others? What are some simple ways to incorporate these qualities into our daily lives and ministries? Did you know that people who are kind and compassionate are more satisfied with their lives, have better physical and mental health, and have stronger relationships?

Our seminar will include a multimedia presentation reviewing the latest neuroscience and psychology research on empathy and kindness. We will incorporate practices to nurture our spirits and take time for small group discussion. We hope you will join us and learn from nationally featured speaker and award winning author, Anne Kertz Kernion.

## Event Details

**Date:** October 26, 2023

**Time:** 6:30-8:00 pm CDT

*Participate from the comfort of your home or office.*

**Fee:**

\$25.00 per person

\$20.00 per person for 10 or more from the same church/organization

*During the week of October 26, you will receive an email with the event link.*

## How to Register

**Online:** [www.befrienderministry.org](http://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

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



## Presenter: Anne Kertz Kernion

Anne founded Cards by Anne over 40 years ago and is the Loyola Press author of "Spiritual Practices for the Brain," which won awards for integrating health and spirituality. Her academic background in engineering, theology, neuroscience and positive psychology informs her presentations for groups across the US and Australia. Anne teaches a weekly yoga class and enjoys biking and hiking. She and her husband, Jack, have 3 children and 6 grandchildren.

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1120 E. 80th St. Suite 105, Bloomington, MN 55420 • 952-767-0244 • [www.befrienderministry.org](http://www.befrienderministry.org)



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## Registrant Information

Please register online at [www.befrienderministry.org](http://www.befrienderministry.org) and choose Continuing Education/National Office Events or complete a form for each registrant and mail together

Name \_\_\_\_\_

Phone \_\_\_\_\_

Home  Work

Phone \_\_\_\_\_

Cell

E-mail \_\_\_\_\_

During the week of the event, you will receive an email with a link to attend the virtual event.

Preferred Mailing Address:

\_\_\_\_\_  
\_\_\_\_\_

The address above is my:  Home  Church/ organization

Your Current Role:

Pastor  Staff \_\_\_\_\_

BeFriender

Volunteer  Other \_\_\_\_\_

## Church/Organization Information

Church/Organization name

\_\_\_\_\_

Church/Organization address (if not listed above)

\_\_\_\_\_

\_\_\_\_\_

## Registration Fees

### 1-9 Registrations

\_\_\_\_\_ Number of registrations x \$25 = \$ \_\_\_\_\_

### 10 plus Registrations from the Same Church/Organization

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

TOTAL amount due to BeFriender Ministry \$ \_\_\_\_\_

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

I authorize BeFriender Ministry to charge \$ \_\_\_\_\_ to the credit card listed below.

## Credit Card Information

VISA  MasterCard  Discover

Name on Card (please print):

\_\_\_\_\_  Personal Card  Church/organization card

Card number \_\_\_\_\_

Expiration date \_\_\_\_\_

Billing Address \_\_\_\_\_

City and State \_\_\_\_\_

Zip Code \_\_\_\_\_

3-digit card security code \_\_\_\_\_

Signature \_\_\_\_\_

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