



RESILIENCE & WELLBEING IN UNCERTAIN TIMES

**South Island
Ministry
Conference**

*18th May
19th May*

The Case
for
Wellbeing

Running
Away—
Running
Towards

The Gift of
Resiliency

Passing it
on—
Leaving it
Behind

2021

**Speakers:
Dr Rod Galloway
Paul Reet**

Keynote Speakers:

Dr Rod Galloway



For the past 20 years, Rod's experiences as a school principal, academic researcher, training facilitator and leadership coach have combined to provide a unique perspective in wellbeing education. Promoting behaviours and conditions that cause individuals and organisations to flourish, Rod's interest in wellbeing is both personal and professional.

As well as navigating his own wellbeing adventure with Parkinson's disease over the past eight years, Rod has led workshops on wellbeing at five international conferences and locally for groups of parents, teachers, ministry teams and business leaders.

Rod has twice received an 'Educational Excellence in Teaching' fellowship and in 2017 his doctoral research focussing on student wellbeing was recognised by the Australian Association for Research in Education. Rod is a member of the University of Otago's Human Ethics committee, reviewer for two academic journals and author of a recent study into the prevalence of student anxiety related to the COVID-19 level 5 lockdown in New Zealand.

Rod and wife Lynn have been married for 40 years and are often found in amongst the noisy chatter and games of their nine grandchildren.

Paul Reet



Paul was born in the UK in the rural East of England, non-Christian home, became a Christian at seven and a half as a result of a children's outreach. Received support throughout childhood and adolescence in the faith.

Paul married Mary in 1983. He has an education background as a Primary school teacher and Principal.

After leaving teaching he worked for a homeless charity as a re-settlement officer. He retrained as a Mental Health Nurse and later Counsellor and Psychotherapist.

Mary and Paul emigrated to NZ in 2005 and they live in Macandrew Bay. Paul has personal experience of mental illness.

Paul has been involved in leadership and ministry roles and this has included- Eldership in Churches here and the UK, Assistant Pastor role, Church planting, Prayer ministry, Pastoral and Teaching roles. Paul has had theological and Church ministry training in the UK through the University of London and through Regent Theological College, Vancouver.

Paul currently works as a Mental Health Nurse Specialist in the Chatham Islands. He also works for himself, offering Counselling, Psychotherapy and MH Education and Supervision. Paul is completing his Spiritual Formation/Direction training through Spiritual Growth Ministries.

Paul is currently an Elder at East Taieri Church and is involved in preaching, service leading, prayer ministry, counselling and outreach to Otago Correctional Facility.

Keynote Sessions:

Keynote 1—Dr Rod Galloway: The Case for Wellbeing

In this first keynote, Rod considers God's design for human positive functioning and what it means, as individuals and faith communities, to "be well":

- *Ten wellbeing certainties in uncertain times - the research evidence*
- *Is the human flourishing model right for our current experience? Potential barriers and the practical strategies to lead wellbeing initiatives within and beyond your faith community*
- *Ideas to support the wellbeing of the new "Generation C" (children who have lived through the COVID-19 lockdown): challenges and opportunities for a multigenerational church*
What does it mean to live in fullness, despite uncertain times?

Keynote 2—Paul Reet: Elijah 1: 'Running Away- Running Towards'

Exploring the cycle of blessing, exhaustion and restoration. Physical, emotional and spiritual wellbeing.

- *Cycle of blessing, exhaustion and restoration*
- *What builds and supports our resilience? How was this for Elijah and what worked for him?*
- *Holistic health & wellbeing*
- *Physical, Emotional & Spiritual wellbeing*

Keynote 3—Dr Rod Galloway: My Rock, my fortress, my deliverer: The Gift of Resiliency

What do we know from our Christian experience that equips us to restore, refuel and resurge stronger than before - well, sometimes that is! In this session Rod invites you to reflect, create and gather a small kete of resources for you, and others, that can support a resilient mindset based on three key scriptures.

Keynote 4—Paul Reet: Elijah 2: 'Passing it on- Leaving it behind'

How we support others in their physical, emotional and spiritual wellbeing whilst looking after ourselves.

- *Exploring modelling, boundaries and legacy related to Elijah's life*
- *Being trauma informed; vicarious trauma and compassion fatigue*
- *Referring on and working with*
- *PEACE acronym for wellbeing*

Tuesday 18th May 2021

9.00am	Registration & Morning Tea
10.00am	Welcome and getting things sorted
10.15am 10.45am	Worship Keynote Address—Dr Rod Galloway <i>The Case for Wellbeing</i>
11.45am	Ministry Time
12noon	Lunch
1.30pm	Panel Discussion/Forum: <i>What are we learning about mission in these uncertain, challenging times? How has the church changed? What is working and what is not?</i>
2.45pm	Afternoon Tea
3.30pm	Keynote Address—Paul Reet <i>'Running Away- Running Towards'</i>
4.45pm— 6.30pm	Informal Drinks, Nibbles and Networking

Wednesday 19th May 2021

9am	Worship
9.30am	Keynote Address—Dr Rod Galloway <i>My rock, my fortress, my deliverer: The Gift of Resiliency</i>
10.30am	Morning tea
11.00am	Keynote Address—Paul Reet <i>Passing it on- Leaving it behind</i>
12noon	Communion/Worship
12.30pm	Light lunch

Registration details:

Cost: \$90 for a single (or \$70 early bird)

\$140 for a double (you and your spouse) (or \$120 early bird)

Early bird registrations close on Friday 16 April. Registrations close Friday 7 May 2021.

To register click on link: <https://forms.gle/fDMRX3xgirjeeA9S9>

Or email your details to: manager@etchurch.co.nz

If Covid Alert Levels change we have a great "Plan B" - see next page for details

A great “Plan B”:

We still want to seek God and plan ministry events like this conference, but this Covid world of uncertainty and change requires us to have a great “Plan B” in place, in case of sudden alert level changes.

Ministry Conference 2021 “Plan B”:

If alert levels change to level 2 or above and we can't run a physical conference, we will refund 70% of your registration fee and we will stream the 4 keynote talks and the forum online, as well as some other creative ideas, to all those who have registered.