Spirituality at Work

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“The purpose of life is to discover your gift. The meaning of life is to give your gift away.”

-David Viscott
Your Presenters

- Christina Fernandez, Senior Vice-President – Mission Integration and Spirituality
- Tom Harshman, Director – Spiritual Care Services and Clinical Pastoral Education

Our Participants

- What do you hope to receive?
Objectives: What we hope to offer you

- Describe components of spirituality at work
- Identify methods for integrating spirituality elements into care settings and organizational culture
- Assess areas of strength and growth in your workplace
- Practice generating ideas and surfacing leadership skills
Whole person care
Body | Mind | Spirit | Social connections
from
Whole person caregivers
Body | Mind | Spirit | Social connections
Assumptions

- Whole person caregivers providing care
  - body, mind, spirit, social connections

- We bring multiple identities to work
  - need for respect and responsibility

- All contribute to spirituality at work
  - whether one has a spiritual or religious identity or not
Spirituality at Work

One reason secret family recipes are usually best kept secret.
Our Story

Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away.

-Antoine de Saint-Exupery
Spirituality at Work
Life-giving Relationships

- Structuring and supporting respect
- Creating organizational compassion
- Attending to team hygiene
- Good beginnings, middles and ends
- What ideas do you have?
Meaningful Work

- Linking and exploring meaning
- Meaning through contributions to others and the common good
- Meaning through personal value alignment
- Claiming the energy of meaning for teams

- What ideas do you have?
Reflective Pause

- Creating opportunities to pause and reflect
- Humane pacing
- Integration into workflows
- Personal Pauses
- Community Pauses
- Personal and organizational rituals
- The pause within collaboration
- Changing the channel
- Contemplative practices

What ideas do you have?
Spirituality at Work

- Self-Assessment
  - What is going well?
  - What could be going better?
  - Prepare to tell your story.

Your Steps to Inner Peace
Strategies for Leadership and Communication

- What is your challenge?
- What would you do the same?
- What would you do differently?
Kindly, thank you.