

## Freedom to Serve in Ministry and Mission Seminar Mastering Stress

**Date:** 7th & 8th February 2012

**Venue:** Claybury International, Kingsfield, Baldock, Hertfordshire, SG7 6AN UK

**Seminar Costs:** £110 per person

The seminar fee includes lunch, refreshments and seminar documentation. It does not include travel, accommodation or evening meals.

Payment for seminars and Kingsfield accommodation is required in advance and may be made via PayPal, Credit Card, cheque or invoice. However, please note, seminar places and Kingsfield accommodation will not be confirmed until full payment has been received.

### Booking

To book your place and Kingsfield accommodation please email Claybury at [admin@claybury.com](mailto:admin@claybury.com) or call the seminar administrator on +44 (0)1462 600143.

### Travel to Kingsfield

Kingsfield is situated close to A1(M) Junction 9, 15 miles from M1 Junction 11 and 23 miles from M25 Junction 3. It is well situated for international travel being about 30 minutes drive from London Luton Airport, 45 minutes from Stansted and 75 minutes from Heathrow. Mainline stations are also within easy distance.

### Accommodation:

Over night accommodation, including continental breakfast, is available at Kingsfield; however the number of places available is limited. Rooms are not en-suite.

Shared room: £37.50 One person per room: £47.50

### Local Hotels

There are a number of reasonably priced hotels and inns within walking distance of Kingsfield and hotel chains within easy driving distance. Please ask for details.

### Evening Meals:

There are a number of restaurants and inns in Baldock and Letchworth Garden City within walking distance of Kingsfield. Also a very reasonably priced evening hot food option is available at Kingsfield. Please ask for details.

### VAT

Claybury International is not registered for VAT and so VAT is not charged on quoted prices.

**Claybury International, Kingsfield, Hadrian Way,  
Baldock, Herts, SG7 6AN UK**

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## Freedom to Serve Seminars

### Mastering Stress

*7th & 8th February, 2012*

*Hertfordshire, UK*



### Council of Reference

Rev Lyndon Bowring, Dr Edward Bratcher, Dr R T Kendall, Rev Wesley Roberts, Melissa McBurney,  
Rev Dr Paul Beasley-Murray, Linda Riley, Dr Brent Lindquist, Rev Dr Forrest Mobley, Rev Roy Lewis,  
Rev Jonathan Booth, Rev Joel Edwards, Faith Forster, Rev David R Coffey,  
Right Rev Graham Cray, Dr Sidney Draayer

## Mastering Stress in Your Ministry

Christian ministry and mission is increasingly demanding. The pressures are constant and the expectations are high. Christian ministry has its own unique stressors and the stresses and strains frequently take their toll; some wonder if they will survive. Many burnout and are brought so low that they turn their back on their calling and leave ministry and mission altogether.

## Mastering Stress - A Very Practical Seminar

“Mastering Stress” is a very practical two day seminar for mission and church leaders and their spouses. It is a development of the popular one day “Mastering Ministry Stress” seminar.

The seminar leader is Colin Buckland, a founder and Chief Executive of Claybury International. It is based on Colin’s personal experience as a Baptist minister, original research and over many years spent coming alongside those in ministry and mission around the world.

The goal of the seminar is to equip you to flourish and thrive in the face of the stresses of your ministry. It will enable you to be alert to your sources of stress and allow you to build personal strategies for managing them. As a result of this seminar you will:

- Understand how stress works.
- Learn to map personal stressors.
- Consider the unique nature of ministry and mission stressors.
- Identify strategies for surviving and thriving in the face of stress.
- Understand how to avoid burnout.
- Develop a personal stress management action plan.

## Seminar Leaders

The Managing Ministry Stress seminar is led by Colin Buckland, who, with his wife Lorna, is a founder and leader of Claybury International. Colin is a Baptist Minister who worked as a pastor for 22 years, of which he spent 13 years pastoring a church in inner city London.

For over 30 years Colin and Lorna have personally been working with leaders in church and mission, both in the UK and around the world. Colin is the author of “Freedom to Lead” which is a practical guide, encouraging self-reflection as a key tool in overcoming the varied pressures which lead to burnout and going on to thrive in ones calling.



## What’s Been Said About Claybury’s Seminars on Stress

Several hundred Christian leaders have attended Claybury International’s seminars on managing stress in the ministry and mission, both in the UK and overseas, and have found it invaluable.

“A very practical and helpful seminar for pastors and their wives...”

*URC Minister from North London*

“You showed us how to identify the causes of our stress and then gave us the tools to manage it...”

*Mission organisation leader and missionary, Europe*

“Superb material, well presented and intellectually valid...”

*Baptist Minister from Milton Keynes.*

“A timely intervention that literally saved me from giving up the ministry...”

*Pentecostal Minister from Scotland*

An honest approach with a good deal of realism that was so refreshing...”

*Church of England Vicar from Sussex*

“Claybury helped me to understand the nature of stress and to change my attitudes to work and calling...”

*A senior leader in a global mission, Europe*

“Very helpful overall, both as a prevention and a cure from ministry burnout...”

*Methodist Minister from Birmingham*

## Who will benefit from this seminar

This seminar is designed to be of benefit to:

- Any individual engaged in Christian ministry or mission
- HR Directors of ministry and mission organisations
- Mission and ministry supervisors
- Mission leaders
- Spouses of those engaged in ministry or mission

## Claybury International

Claybury International was formally established 18 years ago and works within the UK and globally to develop Christ-centred servant leaders. Its team regularly supports and encourages Christian workers, ministers and missionaries in churches and organisations. In a typical year Claybury works in around 15 different countries. Its scope spans from the smallest church to international ministry organisations; from individuals to teams. Its services include training, consultancy, resources, counselling, mentoring, coaching, member care and team building.