



Jewish Values Coaching Havurah

Make Every Day More Meaningful - Find More Meaning in the Everyday

Life Coaching is a holistic process that recognizes the connectivity between personal, professional, spiritual, and physical health. A Havurah is a Jewish fellowship that gathers to discuss, experience, and share Jewish rituals, practices, and values. The Coaching Havurah is a 10-month program of reflection and personal growth in a faith-based group setting that blends coaching strategies and life skills with the wisdom of Jewish tradition.

Program Dates: The First Monday of the month: March 5, April 2, May 7, June 4, (summer break) Sept. 3, Oct. 1, Nov. 5, Dec. 3, 2019: Jan. 7 and Feb. 4

Program Times: 7:30 PM - 9:00 PM

Application Process: Applications due on Feb 23, 2018 (early bird deadline is 2/10/18)

Tuition: \$720 for 10-month program
\$360 for BSBI members
\$180 for BSBI members who register by 2/10/18

Of Participants: Minimum = 5
Maximum = 15



FACILITATORS

Randall J. Konigsburg, Rabbi
Beth Sholom B'nai Israel
rabbenu@myshul.org
860-643-9563 x101

Stacey Zackin, Phd, MSW, PCC
theCoach4you
stacey@theCoach4you.com
818-590-5372



OUTCOMES

Through monthly workshops, weekly action plans, daily support from peers and coaching from facilitators, havurah members experience:

- a deeper appreciation of their strengths,
- confidence in their ability to achieve a life of balance, fulfillment, and satisfaction,
- close sense of community & camaraderie, all through the lens of Jewish values, identity, and community.

CURRICULUM

Based on the Ten Commandments, the ten monthly 2-hour workshops consist of:

- text study,
- values exploration,
- life coaching exercises that illustrate the relevance, and applicability of the lesson,
- identification of desires and goals
- creation of plan of action and

Jewish Values Coaching Havurah Application

Return to stacey@theCoach4you.com by February 23, 2018 (or 2/10 for early bird discount)

“The Havurah helped us establish a deeper connection with each other, the synagogue and with Judaism than could ever be achieved by larger gatherings.” - Havurah Graduate

Name:

Email:

Phone:

Birthday (mo/day):

Occupation:

BSBI Synagogue Membership Status: Current Member ___ or Non Member ___

Please complete the following questionnaire with thoughtful yet concise responses.

1. What appeals to you about participating in The Coaching Havurah?
2. How do you hope this journey will benefit your personal, professional, and/or spiritual goals?
3. Are you willing to commit to attending and fully participate in monthly sessions as well as time in-between to focus on your goals and support your fellow havurah members in their pursuits?
4. So that we can be better prepared to support you, please share what limitations, obstacles, or fears might impede your success in this program.
5. In addition to what you will get from this program, please tell us something you might be able to contribute to other participants.
6. Is there anything else you want us to know?
7. Would you like to apply for a scholarship for the program? If so, please share with us how the scholarship will benefit you.