

## Mentor and Life Coach

### Jason K. Pankau

➤ Jason brings a diverse background of athletics, finance, Christian studies, executive life coaching, wisdom and leadership to people and organizations with which he works. He is a sought after speaker, seminar leader, life coach, and consultant. He has served as the lead pastor in two church plants, and serves as a mentor and consultant to other church planters. While serving on the staff of Stanwich Congregational Church in Greenwich, Connecticut for six years, Jason developed the Omega Course and his life coaching ministry, which the church has commissioned him to share beyond the walls of Stanwich. Since then, Jason has created a host of supplemental seminars which combine to form the entire Omega Experience.

➤ Jason received a Masters of Divinity degree from Southern Theological Seminary, and currently is completing his Doctorate in Christian Leadership at Gordon-Conwell Theological Seminary. He received a B.A. in both Business Economics and Organizational Behavior and Management from Brown University.

➤ Jason is a co-founder and partner of E Pluribus Partners, a Greenwich, CT based think tank and consulting firm focused on helping organizations create engaging work environments. He serves as a consultant and life coach to many corporate executives and pastors, helping them lead their own lives and create engaging organizations.

➤ Jason is the co-author of, *Fired up or Burned Out - How to Reignite Your Team's Passion, Creativity, and Productivity* and a contributing author to *What Managers Say-What Employees Hear, Connecting with Your Front line - So They'll Connect with Customers.*

➤ Jason's wife, Jen, is also a graduate of Brown University with the B.A. in Psychology, and is a licensed clinical social worker. She is active in several ministries, especially those relating to children and youth. Jason and Jen have four children.

## Testimonials

*"Incredible life-changing and God-honoring material. Content is exactly what our church needs to fully engage spiritual formation as a body. Presentations were thorough but moved along at a good pace. Great energy and engagement for the presenters. Omega has great potential to radically improve the lives of believers and their churches through real spiritual transformation and disciple making. Keep it up! Full throttle!"*

*"This training is quite simply a blueprint for a church to bring together the component parts of their lives into a purposeful focus, which then becomes easily coordinated with like-minded fellow church members to become a potent force for community-wide renewal."*

*"This seminar has challenged me to master this material to use in a variety of settings to teach discipleship."*

*"Makes one realize that the church without mentoring misses the task of building true God-centered leaders."*

*"You have taken a subject not often addressed but greatly needed and placed it in a workable format. I have been challenged to begin putting it into practice and make a difference for Jesus. Thank you so much."*

To schedule a Seminar, Speaking or Consulting Engagement, Mentoring/Coaching Sessions or for more information, please call:

**Life Spring Network**  
P.O. Box 782  
Itasca, IL 60143  
888-958-3331



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# Life Spring Network



Life Spring Network is a Christian discipleship and reproductive leadership training ministry that was developed through the experience and vision of the President, Jason Pankau. As a pastor, seminar/retreat leader, organizational consultant and personal life coach, Jason has sought out and developed some of the best materials on wisdom and life stewardship to help people realize life's potential.

The ministry of the Life Spring Network exists to help communities of Christians establish and grow mentoring networks in their local congregations.

## The Omega Experience

Combining the Substance of Omega with the Strategy of Mentoring in the Soil of Connection! We have developed a comprehensive blueprint for you and your group or organization to dive into the deepest levels of discipleship the way it was meant to be experienced: together.

Start a mentoring movement in your own church or congregation by hosting or sending your leaders to this dynamic one day seminar/retreat.

# Omega Mentor Training



Mentoring is the key to realizing our potential in all areas of life. It's the way Christ trained and molded His disciples into a group of spiritual leaders who changed the course of history.

This seminar will equip you with the confidence you need to engage in the process of mentoring by giving you practical training and resources that you can use as soon as you walk out the door.

Participants will dive into the deeper aspects of mentoring that include:

- ✎ The Trans-Theoretical Model
- ✎ The V.I.M. Transformational Strategy
- ✎ 12 Relational Priorities of Jesus
- ✎ The Constellation Model of Mentoring
- ✎ Ten Guidelines for Mentoring Relationships
- ✎ Holistic Mentoring using the Omega Course content
- ✎ Mentoring Questions for every aspect of the Omega course to help facilitate the mentoring relationship

# Sample Seminar Schedule



- 8:30 Arrival and Registration
- 8:30 - 9:00 Introduction and "The Church as a Mentoring Network"
- 9:00 - 9:45 The Power of Transformational Ministry
- 10:00 - 10:45 What the C.O.A.C.H. Does – The VIM Model Part 1
- 11:00 - 11:30 What the C.O.A.C.H. Does – The VIM Model Part 2
- 11:45 - 12:30 Principles of Mentoring and Coaching
- 12:30 – 1:15 Lunch
- 1:15 - 2:00 Live Mentoring/Coaching Experience
- 2:15 – 3:15 Using Omega to Guide the Mentoring Process Part 1
- 3:30 – 4:30 Using Omega to Guide the Mentoring Process Part 2
- 4:45 - 5:00 Commissioning: "Go Make Disciples"

## Materials:

Each participant will receive the Omega Mentoring and Life Coaching Handbook. Price: \$60 Includes Training, Lunch and Handbook.