

Our Main Speaker

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 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 Northern 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 (now Connection Culture Group), 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 author to *Beyond Self-Help* and co-author of, *Fired up or Burned Out* and *Connection Culture*.

➤ 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

"I would highly recommend the Omega Course. Jason's passion for personal growth and development in all aspects of a Christian's life is contagious!"

**David R. Briggs, Director, Good Sense Stewardship Ministry
Willow Creek Community Church**

"I believe Omega is an outstanding means of leveraging our understanding of the faith by learning to put it into practice and live the abundant life. I am excited about our partnership with Omega and for the lives that Our Lord will transform throughout the greater NYC region."

**D'arcy LeClaire
President, Alpha Greater New York**

"The Omega Experience has equipped my church for greater work in Christ's Kingdom and matured us as disciples of Jesus. It is not just another topical Bible class but a way of learning to apply God's Word to our lives that makes sense - and makes a real, practical, and immediate difference. The sound biblical teaching has helped everyone become more closely aligning with Christ's mission. Our "good" people are becoming "great" disciples of Jesus as they are trained to lead others to the "real life" we find through faith in Christ Jesus.

**Rev. Dr. Charles S. Mueller Jr., Senior Pastor
Trinity Evangelical Lutheran Church Roselle, IL**

"The Omega Course that he has developed has been such an invaluable tool for faith-deepening among us that we believe it should be a basic training for every Christian."

**Rev. Neely Towe, Pastor Emeritus
Stanwich Congregational Church**

"I am delighted to commend to you the Omega Course. I believe that every participant will be challenged to greater growth and focus in their life journey."

**Rev. David Midwood
President, Vision New England**

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

Life Spring Network

38 West End Avenue
Old Greenwich, CT 06870
203-253-0904



LifeSpring
NETWORK

www.lifespringnetwork.org

Omega Course



An Intensive
24 Session Journey
Equipping You For a
Lifetime of Discipleship



LifeSpring

NETWORK

realizing life's potential

www.lifespringnetwork.org

What is Omega?

Omega is a comprehensive course designed to teach people how to steward their lives from God's perspective and grow as disciples of Christ. We call it Omega because discipleship is best done by beginning with the end in mind: becoming like Jesus. This course is created to look at the biblical transformational journey of discipleship and guide people in discerning God's growth plan for their lives. The course is designed to lead people into a lifestyle of mentoring and establish a new level of "normal discipleship" in communities of Christians.

The Life Focus Process is one of the Omega Course's tools that helps you better understand God mission for your life and move towards a deeper experience and expression of love.

The steps in this process are:

1. **Clarify God's Mission for Your Life**
Knowledge of his Vision, Priorities, Values and Identity Roles
2. **Commit to Transformation**
Discipleship and Reality
3. **Know Thyself**
Nature and Nurture
4. **Chart the Course**
Goal Setting and Disciplines
5. **Stay the Course**
Daily Alignment
6. **Revelation and Adjustments**

The Journey...

The Omega Course (Seminar Series)

Each one of our 24 sessions can be taught as a stand-alone 45-60 minute seminar or in combination in retreat-type settings. Because of this flexibility you can teach Omega using a variety of calendar options.

The Sessions:

1. Life Stewardship
2. Unpacking Mission
3. Abundant Living
4. The Seven Values of Abundant Living
5. Our Core Identity
6. Being Fully Human
7. Essential Intimacy
8. Contagious Community
9. Called to Serve
10. Stewarding Resources
11. Empowered to Serve
12. The Freedom of Servanthood
13. The Journey of Transformation
14. Choosing to Transform
15. Resistance to Transformation
16. Blessings and Curses
17. Realizing Life's Potential
18. Pressing into God's Purpose
19. The Power of Believing
20. The Seven Deadly Sins
21. The Joy of Discipline
22. Godly Goal Setting
23. Aligning with God
24. Training for Abundant Living

Omega Resources

Certified Omega trainers can teach the Omega Course live at your location or you can purchase the course on DVD. We have a variety of support and supplementary materials to help guide you on your journey including:

- DVDs, Audio CDs/Downloadable MP3's
- Participant Course Workbook
- Participant Personal Development Guide
- Renew, Refresh, Refocus Retreat Workbook and/or fillable PDF
- C.O.R.E. Small Group L.E.A.D.E.R.'s Guide
- Mentoring and Life Coaching Handbook
- Site Coordinator and Trainer Handbook
- Live Trainer Resources

For more details or to find a certified trainer in your area, please visit our website at: www.lifespringnetwork.org.

Each person will receive:

1. Relevant biblical teaching
2. Proven tools to help you organize your life and thoughtfully plan for the future
3. Several biblical models to help you understand the Journey of Discipleship
4. A paradigm for mentoring that is tested and effective
5. A greater sense of focus for how to invest your life and experience the abundant life Jesus offers us