

## 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

*"I thought the seminar was a bridge to greater intimacy in my relationship with my wife. We saw very clearly that there was a third person in our marriage -- and that God wanted us to be happy together. Some parts of the seminar were scary, and many were funny. But if you want to grow deeper in your bond with your spouse, the U.N.I.T.Y. in Marriage course is a great way to do it!"*

*"To have a better marriage we needed to better apply Christian principles to our lives and relationships. The U.N.I.T.Y. in Marriage seminar is focused on helping couples live a more abundant life. I never felt judged or inadequate. Jason has a great way of being honest and confrontive and yet still be supportive. This is a course for couples of any background who strive to have great love and respect for each other and are willing to work at it."*

*"Extremely helpful for us. So much so that we've used it as a base for ongoing tune-ups a few times per year since. Gives you a foundation for building a Christ-centered marriage so you're not trying to 'fix' things with your own efforts or skills."*

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

**Life Spring Network**  
38 West End Avenue  
Old Greenwich, CT 06870  
203-253-0904



[www.lifespringnetwork.org](http://www.lifespringnetwork.org)



**Building a Marriage that  
Experiences and Expresses  
the Love of God**



**LifeSpring**

NETWORK

*realizing life's potential*

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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 its 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.

### Marriage

We believe that we are called together in Marriage as believer priests to advance the Kingdom of God. Second only to our covenant relationship with God are the covenant relationships we make with our spouses. Marriage holds a strategic place in God's over all strategy teaching His creation to experience and express His love. By exploring the U.N.I.T.Y. in Marriage paradigm we will lay a wise foundation upon which couples can build dynamic loving marriages that honor God and bless the world.

## U.N.I.T.Y. in Marriage



The U.N.I.T.Y. in Marriage paradigm has been developed over years of pre-marital and marital counseling and teaching. It stands for: Unconditional love, a Nest for you and for raising the next generation, Intimacy to the extreme, a Tool for honing our character, and a Yoke, which binds you to a common mission in life.

In this seminar couples will be trained in the core understandings, tools and methodologies that create dynamic God-honoring marriages.

With marriages ending in divorce at an alarming rate, both inside and outside of the church, learning and implementing God's wisdom for building a marriage that experiences and expresses the love of God is vital. This seminar is designed to ground you in God's wisdom for doing just that and to give you the practical tools and paradigms that you can refer back to during the different seasons of your life.

Each participant will receive the U.N.I.T.Y. in Marriage Seminar Workbook which contains the seminar content and discussion questions to help couples process the material together.

## Seminar Content



Participants will dive into the deeper aspects of Christian Marriage that include:

- The U.N.I.T.Y. paradigm
- The top 10 threats to Christian Marriages
- 24 Marriage Rules from a male perspective
- Christian Marriage Defined
- The importance of admiration in communicating unconditional love and what to avoid.
- The Seven Deadly Sins and Seven Godly Virtues in marriage
- The role of leisure and play in marriage
- Knowing your partner's inner world using Love Maps and Love Languages
- The role of oneness and sex in intimacy
- 10 communication approaches which destroy intimacy in marriage
- Growth through conflict and biblical wisdom for F.I.G.H.T.S.
- Solving solvable problems and dealing with perpetual problems.
- Discovering your corporate mission in life and bearing the yoke of marriage.
- Learning how to listen so you can truly hear one another and enter into one another's worlds.
- Seven indicators of a healthy marriage