Seminary of the Southwest
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Title: Comprehensive Wellness for Ministry

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Executive Summary of QEP
In keeping with our mission and vision to be a community of formation for men and women called to
leadership in the Church and society, Seminary of the Southwest created this plan, Comprehensive
Wellness for Ministry, as its Quality Enhancement Plan (QEP). This project evolved out of a community-
wide process of discerning the changing needs of the church and society for its leaders and how we
might strengthen our program and our environment to better prepare our students for the challenges
they will face in their vocations. Comprehensive Wellness for Ministry is an effort to enhance
Southwest’s curricular and paracurricular offerings to support students (and those already in leadership,
such as faculty, staff, and trustees) in their formation and their eventual work by several mechanisms:

1. Recognizing that wellness goes far beyond the simple absence of physical disease or
   weakness, but rather is produced by wise habits of life regarding physical health,
   financial literacy, spiritual well-being, and vocational ability and clarity.

2. Exposing the community to a shared set of ideas, vocabulary, and techniques for
   increasing comprehensive wellness.

3. Supporting individuals who desire to “go deeper” into engagement with one or more
   aspects of comprehensive wellness by providing opportunities for training, coaching, and
   encouragement.

4. Teaching those who so desire how to develop, deploy, and assess a comprehensive
   wellness program in their eventual ministry setting.

The totality of the QEP is intended to achieve each of these goals across four areas of wellness.

- Physical
- Financial
- Spiritual
- Vocational

Seminary of the Southwest believes that our QEP, “Comprehensive Wellness for Ministry,” will work
towards harnessing the disciplines of body, mind, and spirit to maximize well-being in response to God’s
providence and call in the life and work of each and every community and individual.