



**Seminary of the Southwest**  
**501 E. 32<sup>nd</sup> Street**  
**Austin, TX 78705**

## **Title: Comprehensive Wellness for Ministry**

**Contact Person: Rev. Dr. Micah Jackson, Dean of Community Life, Professor of Preaching,**  
[micah.jackson@ssw.edu](mailto:micah.jackson@ssw.edu)

### **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.