



Run Hard. Rest Well.

Championing Rest. Equipping Leaders. Changing Lives.

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A Rest That Works

Vibrancy and engagement transpire in churches and schools when staff run with passion and rest on purpose – routinely refueled, refreshed, and replenished. Too many believers have grown accustomed to running on empty, forfeiting their best self and shortchanging those they lead, love, and serve. **A Rest That Works** introduces strategic, no-cost, high yield restorative rhythms that equip God’s people to navigate 24/7 from a place of vibrancy, strength, and joy.

Organizational Learning Objectives

Your staff will:

- Understand the power, practice, and brain science of Restorative Wellness found in Psalm 23
- Recognize and redefine the impact of cortisol overload
- Gain clarity on the impact of Change Theory and how new social norms lead to transformation and lasting cultural change within individuals and organizations
- Leave with a strategic plan for at-home and at-work restorative practices that are inviting, transformative, and empowering

Staff Retreats and Seminars

- Insightful, innovative teaching around the four biblical Rhythms of Restorative Wellness (Sabbath, Sleep, Stillness, and Solitude) — packed with stories, research, and two brain-science experiments.
- Three sets of personal reflection questions that position people for self-awareness & transformation
- An introduction to anti-gravity moves ... guaranteed to induce laughter
- A 6-Question reusable inventory that drives change and commitment at work and at home
- Authentic small group conversations around nonthreatening questions, which create connection and fortify a personal vision for Restorative Wellness.
- 15-60 minutes of “personal retreat” depending on the length of the retreat.
- **Length of Retreat**
 - 60-90 minutes Great Introduction Insightful, compelling insights into strategic pit stops
 - 3-hours Gets the job done Fun, insightful, transformative, refreshing
 - 4 to 4 ½ hours Classic The extra time adds a powerful punch
 - 7-8 hours Premier Extra time, Next Steps, Q & A, group discussion

Our Vision

Run Hard. Rest Well. equips teams to embrace a pace and passion for work, rest, and rhythm that is life-giving, transformative, and sustainable, positioning people to thrive, families to flourish, and churches to grow.

We help individuals:

- Redefine Rest
- Explore Red Flags
- Reduce chronic cortisol overload
- Prioritize our relationship with Jesus

Additional Opportunities

- Follow Up Support – via email 1-pagers, but also easy to use books and videos for staff meetings

- A Rest That Works 2.0 and 3.0
- Executive Team Retreat for lasting cultural change
- On-line small group and/or executive team RHRW Life-Coaching options

What LCMS Church Workers Are Saying

There isn't a day that goes by that I am not remembering what I learned from the retreat. Rest was not even on my radar. Thanks to you, it's becoming a prime directive. Brenda, there are no words to say thank you enough for this message. The church is in desperate need of this truth. Don't give up.

Senior Pastor

The staff transformation is visible. I see change taking place. My wife took her first "day off" yesterday. Being a part-time employee of the church (but full-time stay-at-home mom) means you fill the days that you are not at work with everything that needs to be done. But in talking through this we decided that she really needs her own day off to do things she enjoys. Her word to me was it was "decadent." I said, this is good. May we all continue to be transformed.

Senior Pastor

Since our staff has been back this week from the retreat, we have all had amazing conversations about the little changes we are all making in our daily routines, and our small group time is invaluable. Thank you for inspiring the beginning of these new rhythms, for me personally and for what I already see in my colleagues. God's blessings!

School Administrator

Run Hard Rest Well is fantastic! This was the first "retreat" where our entire staff, pastors and teachers, participated. It was a blessing for all of us! We left the retreat with a plan to help our staff learn how to implement the process of running hard and resting well. At this point we have broken into small groups and are participating in the 6 week Bible study. Our goal is to bring this concept to our congregation in the coming year through various forms.

Church Business Manager

I love your message, blogs, and resources. I've grown so much in my understanding of the Biblical rhythms of rest. Thank you!!!

Career Missionary – 18-years

Just so you know, the Holy Spirit working through you has impacted lives in Crown Point and to God be the glory for that!!! Run Hard. Rest Well. comes up OFTEN. Our dear principal says "if God got His work done in 6 days, so can I" at least once or twice a week in my presence! Thank you for listening to Him!

Elementary School Teacher

So grateful! This message is refreshing and refined. High quality. A joy to experience and now live.

Senior Pastor

I continue to be profoundly inspired by your rest talk, and your wisdom has shaped some of my own thinking and teaching. Thank you for that!

Denominational Executive