
Program Objectives

The elements of the program seek to foster a contemplative attitude in the participants as well as training in specific skills of spiritual direction.

By the end of the program, participants will have

- Deepened their own faith journey through lectures, worship and sharing in community
- Integrated theological and spiritual insights with listening skills in relation to the task of spiritual direction
- Learnt specific skills in spiritual direction and practiced these skills in a supervised setting
- Become aware of their own strengths and growing edges as they engage in the ministry of spiritual direction
- Further developed gifts and experience already gained, to create increasing levels of expertise in spiritual direction
- Discerned whether they are called to the ministry of spiritual direction
- Become critically aware of the influences of cultural identity and contexts on the expression of the spiritual quest for meaning
- An awareness of the ethical issues in spiritual direction