

MONICA A. COLEMAN



SCHOLAR | WRITER | SPEAKER | MINISTER

INTRODUCING MONICA A. COLEMAN

In classrooms, pulpits, conference rooms, and books, Monica A. Coleman is committed to connecting faith and social justice. Answering her call to ministry at age 19, Dr. Coleman brings her experiences in evangelical Christianity, black church traditions, global ecumenical work, and indigenous spirituality to her discussions of religion. Dr. Coleman speaks widely on navigating change, religious diversity, mental wellness, and church responses to sexual and domestic violence.

Book Monica

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A renowned leader in process theology and liberation theologies, Dr. Coleman speaks throughout the U.S. and in international settings. In every presentation, she educates, cultivates and empowers people of faith and purpose to connect their beliefs with both their personal experiences and social action. Coleman speaks on many of the issues that religious leaders avoid: sexual and domestic violence, mental health, postmodernism and religious diversity. She offers key insights about these issues with pragmatic solutions for individuals and communities.

BOOK DR. COLEMAN TO SPEAK: [INFO@INNERPRIZES.COM](mailto:info@innerprizes.com)



Speaking Topics

NAVIGATING CHANGE WITH GRACE

Society does not teach us how to lose. We are taught how to win and influence people. Thus we often take losing as a failure. But loss is a part of life, a part of what it means to grow and evolve. And with loss, can come the ability to find a new way forward. This seminar will explore how, amidst loss, people can choose life. We will discuss the key principles of this perspective, as well as daily practices that support everyday wellness.

Your values-driven employees will:

- Develop a framework for better understanding loss
- Explore five strategies for owning loss and choosing life
- Discover why seeking is better than trying to hold onto the past
- Identify seven principles of creative change
- Learn three daily practices that help to manage loss

GIVING VOICE TO DEPRESSION

In the United States, more than 19 million people live with an experience of depression, and it is the number one cause of disability in the world. Like many other experiences of suffering, living with depression can render hope and faith difficult. This workshop will discuss how living with depression challenges common faith teachings. During our time together, we will redefine faith in the context of depression. We will examine ways that religious leaders can give voice to experiences of depression, and cultivate spirituality for those who live with depression.

*What people
are saying...*

"Dr. Coleman has a way of grabbing your mind and forcing it to grapple with very deep issues without you even noticing that it's happening. An effortless speaker, the power of her message is immense and her ability to speak to our theme was more than impressive. Participants left feeling energized, elevated, and most of all, inspired."

Anna S., Lecture Series Director



Biography

TEACHING MISSION-DRIVEN PROFESSIONALS

GIVING VOICE TO DEPRESSION

Your religious leaders will:

- Gain a vocabulary for describing the experience of depression
- Identify seven religious teaching that undermine/ invalidate the experience of depression
- Explore four theological categories at stake in the discussion of religion and mental health (suffering, sin, healing and faith)
- Learn three religious principles that support the journey of faith and depression
- Develop five spiritual practices to engage for those living with depression



HELPING YOUR RELIGIOUS CLIENTS LIVE WITH DEPRESSION

A significant proportion of the world's population has religious beliefs and practices that are important to daily life. Religious beliefs and practices may help people to cope better with stressful life circumstances; however, religious beliefs may also increase guilt and lead to discouragement. This workshop will discuss how common faith teachings complicate the experience of living with depression. During our time together, we will redefine faith in the context of depression, and examine ways that mental health professionals can support spirituality for those who live with depression.

Your mental health professionals will:

- Describe religious challenges experienced by individuals living with depression
- Identify seven religious teachings that undermine the experience of depression
- Explore four theological categories at stake in the discussion of religion and mental health
- Learn three religious principles that support the journey of faith and depression
- Learn five spiritual practices that support faithful people who are living with depression

"When you see a gap, it's not a shortcoming. It's an opening - a chance to do something new."



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Short Bio

Dr. Monica A. Coleman is an award-winning author, scholar, speaker and minister. She helps people who are looking for a new way to think about their faith by teaching them a framework for navigating change. Dr. Coleman leads retreats, workshops and conferences for mission-driven organizations who want innovative ways to cultivate wellness among their community.

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DISCOVER MORE ABOUT **MONICA A. COLEMAN**