

## **In healthy relationships,**

### **Persons follow an inner compass.**

They are guided by their own clear and coherent beliefs, principles and life goals.

### **Persons take responsibility for self.**

They are aware of their own feelings, and neither blame others for them nor require others to share those feelings. They ask themselves regularly “What can I learn from this situation?”

### **Persons respond to anxiety.**

They anticipate and recognize heightened anxiety (due to change, loss, crisis, etc.) and accept periods of tension as they address issues and complete tasks.

### **Persons are challenged.**

They allow persons to work through times of stress or pain. They tolerate the discomfort that can go along with the stresses and strains of both significant mission and individual growth.

### **Persons respect boundaries.**

They recognize and respect where one person ends and another begins. Agreed upon roles, structures and procedures are respected. Individual thoughts and feelings are respected. There is little pressure to “Go Along” with the group.

### **Persons stay in contact.**

They resist tendencies to distance or cut off from those with whom there is disagreement. They work together for a sufficient amount of time to maintain relationships.



Martha Creek facilitates individuals and leaders through a series of other workshops:

Specific examples are:

- Loving What Is, *The Work of Byron Katie*,
- Organizational/Church Board Training,
- Conflict Resolution/Meditation Skills,
- Transitions in Ministry/Organizations,
- Personal Coaching/Mentoring

Martha has received certification and/or training from the following organizations:

- Lombard Mennonite Peace Center, Healthy Congregation Facilitator
- Association of Unity Churches, Department of Peacemaking Services
- Credential Leader/Minister Review Team (C.L.M.R.T.) - reviews ministry as directed by the Association of Unity Churches
- Emerson Theological Institute
- Religious Science practitioner, 2 years

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*“Happiness is when what you think,  
what you say and what you do are in harmony.”*

*~ Gandhi*

*“Peace or Pain - How do you want to live your  
life? There is a better way” ~ Martha Creek*

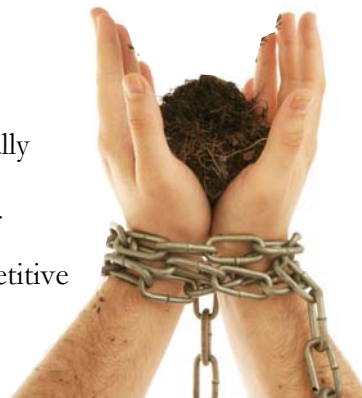
**Thriving Traits**

- Accept differences
- Focus on strengths
- Focus on mission
- Manage conflict
- Act flexibly & creatively
- Increase presence & functioning
- Practice stewardship gratefully & willingly
- Combine money & spirituality
- Respond graciously & truthfully
- Empower self & others
- Collaborate



**Surviving Traits**

- Deny differences
- Focus on weaknesses
- Focus on issues
- Deny conflict exists
- Act rigidly
- Depend on skill & technique
- Practice stewardship begrudgingly
- Separate money & spirituality
- Respond judgmentally & dishonestly
- Blame others & self
- Act selfish & competitive



“I have witnessed Martha Creek’s work in relationship and transition dynamics. She makes the process easy, fun, and effective. I am absolutely confident in her ability to foster sustainable change. She responds with focus, calm, clarity and grace to reduce stress; and helps provide a new system to healthy relationships and living.”

~ Rev. Susan EngPoole,  
Senior Minister, Unity of Louisville, KY  
Regional Representative, Great Lakes Unity

“The stress level in Great Lakes Region's ministries has been measurably reduced since she began working with the churches here. Martha Creek has midwived miracles in this and many other churches. She brings the work she has done on her own consciousness into a ministry and then opens the doors for each of us to do the same.”

~ Rev. Greg Barrette,  
Senior Minister  
Unity Northwest Church, Des Plaines, IL

“Martha Creek is a straightforward, clear, and loving communicator who is sweet as honey and who has the "sting" of a honey-  
bee when she delivers the facts that we need to hear and to know.”

~ Glenn Mosley,  
Co-Minister,  
Unity Christ Church, St. Louis, MO.

Contact Martha for the format and fee structure suitable for your organization or ministry.