



MINISTRY INNOVATIONS

The Ethics of Self Care

with Rev. Stephanie Seigh

Satisfies the Ethics CEU Requirement

JANUARY 2027

The Ethics of Self Care

Via Zoom with Rev. Stephanie Seigh

Wednesday, January 13, 2027, 10:30 am – 12:30 pm
or Thursday, January 21, 2027, 6:00 pm to 8:00 pm

Join Rev. Stephanie Seigh for a deep dive into what self-care is and isn't, and how taking care of ourselves as spiritual leaders is critical for us to be healthy and empowering leaders for our communities. If you struggle to balance your own welfare with supporting your congregation, this workshop is for you!

This workshop features all new content designed especially for Unity Eastern Region, and satisfies the Ethics CEU requirements for credentialed Unity leaders.

INVESTMENT:

\$75 for a whole ministry,
\$25 for individuals,
Scholarships available



Presenter Bio:

Rev. Stephanie Moyer Seigh, ACE, is a twice-ordained Minister (Unity and Interfaith) and a Certified Life & Organizational Coach. Before coming to Unity of Palmyra, she served several Unity and Interfaith communities, in Gettysburg, Harrisburg, and Allentown, PA; New York City, NY; and Atlanta, Georgia.

REGISTRATION: <https://unityeasternregion.org/event/the-ethics-of-self-care-morning-edition/> or
<https://unityeasternregion.org/event/the-ethics-of-self-care-evening-edition/>