

Leadership & Communication Coach

Educator • Author • Podcast Host • Facilitator

Founder & Executive Director
P.A.C.E. Coaching Skills Institute™

Practical coaching skills for ministry conversations that matter.

BOOKING & MEDIA
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WHY MINISTRY LEADERS INVITE DR. JUDITH

- Equips ministers and spiritual leaders with practical coaching skills that complement pastoral care, spiritual guidance, teaching, mentoring, and leadership.
- Uses interactive, scenario-based learning built around real ministry conversations—so participants practice, reflect, and apply.
- Helps leaders listen more deeply, ask purposeful questions, support discernment, and foster clarity, ownership, and meaningful change.

Denominational • Nondenominational • Interfaith • Diverse Faith Traditions

Leadership & Communication Coach and Facilitator for Ministers and Spiritual Leaders

Practical coaching skills so conversations lead to greater clarity, ownership, and meaningful change.

COACHING SKILLS THAT COMPLEMENT MINISTRY PRACTICE.

Ministers and spiritual leaders spend much of their lives in conversations that matter—conversations about grief, change, conflict, relationships, leadership, calling, uncertainty, and next steps. Caring deeply does not always mean having the answer.

Dr. Judith C. Holder (Dr. Judith) helps spiritual leaders strengthen how they listen, ask questions, communicate, and support others without taking over the person's thinking or responsibility. Her approach adds coaching as another way of serving—one that can be integrated into existing ministry practice.

Designed for denominational and nondenominational settings, interfaith communities, and diverse spiritual traditions, P.A.C.E. respects the wisdom, values, theology, and practices participants already bring. Coaching skills do not replace pastoral care, spiritual guidance, teaching, mentoring, prayer, or referral; they expand a leader's range of responses and support discernment about what kind of help is needed.

40+ YEARS psychology, coaching & education	**PCC + BCC** professional coaching credentials	**DUKE SCHOOL OF MEDICINE Faculty**	**P.A.C.E.** coaching skills for ministry

Coaching Skills for Real Ministry Conversations

Practical, interactive learning for ministerial associations, congregations, clergy groups, seminaries, retreats, boards, leadership teams, and interfaith or spiritual communities. Sessions are customized to context and grounded in the real conversations ministers and leaders face.



Experiential. Reflective. Practical.

- Real ministry scenarios
- Guided coaching practice
- Communication & leadership application
- Questions participants can use immediately

Customized to the audience, faith tradition, and setting.

Signature Workshops

When Helping Becomes Taking Over

Recognize when advice or guidance is needed—and when listening, purposeful questions, and a coaching approach can help another person find clarity and ownership.

Knowing When to Coach, Guide, Teach, Mentor, or Refer

Strengthen discernment about what kind of help a conversation requires and where coaching fits within ministry practice.

Candidly With Care

Address performance, behavior, disagreement, or accountability with clarity while preserving dignity and relationship.

Leading Through Uncertainty Without Losing the People

Listen beneath reactions, understand what people may be protecting, and help create clarity and forward movement without forcing premature answers.

Relational Intelligence for Ministry

Explore how intention, impact, emotional awareness, and communication patterns shape trust, connection, and effective leadership.

One Core Focus. Three Areas of Application.

CORE • COACHING SKILLS FOR MINISTRY

When Helping Becomes Taking Over • You Have Wisdom to Share—Help Others Discover Theirs • Knowing When to Coach, Guide, Teach, Mentor, or Refer

LEADERSHIP

Leading Through Change • Minister–Board Partnership • Candidly With Care • Developing Others

COMMUNICATION & RELATIONSHIPS

Relational Intelligence • When Good People See It Differently • Across the Generations • Listening That Changes the Conversation

PERSONAL LEADERSHIP & WELL-BEING

Who Supports the One Who Supports Everyone Else? • Leading Without Losing Yourself • The Inner Life of the Leader • Staying Whole While Serving Wholeheartedly

Why Dr. Judith: Depth of Training. Breadth of Application.

Education, Roles & Coaching Foundation

PhD, Counseling Psychology
Southern Illinois University at Carbondale; concentration in stress management

MS, Systems Dynamics
University of Maryland, College Park, MD; Family and Marriage Therapy and Community Development

Pre-doctoral clinical-medical internship
Applied training in a clinical-medical setting

Fellow, APA/NIOSH-sponsored in Occupational Health Psychology
Duke Occupational Mental Health Programs, Division of Occupational & Environmental Medicine

Adjunct Associate Professor of the Practice of Medical Education
Duke University School of Medicine, Master of Biomedical Sciences

Licensed Psychologist
North Carolina

Professional Focus

- Leadership and executive coaching
- Communication and interpersonal effectiveness
- Leadership development and team effectiveness
- Coaching-skills education for ministers and spiritual leaders

Coaching Credentials & Selected Training

- Professional Certified Coach (PCC), member, International Coaching Federation
- Board Certified Coach (BCC)
- Physician Coaching Institute™ Advanced Certification Program
- Certified Conversational Intelligence™ (C-IQ) Coach & Consultant
- Certified Team Coach; Team Coaching International
- Brain-Based Coaching / NeuroLeadership Institute™ training
- Neuroscience of Coaching Practitioner

The Book Behind the Learning

A practical companion for ministers and spiritual leaders who want to listen differently, ask better questions, and help without taking over.

Forthcoming Nov. 11, 2026 Learn to P.A.C.E.: Coaching Skills for Ministers and Spiritual Leaders
Listen Deeply. Ask Better Questions. Help Without Taking Over.

THE LEARNING PATHWAY
WORKSHOP — encounter and practice the ideas • BOOK — deepen reflection and application • INSTITUTE — build skill through guided training

Also by Dr. Judith
Upcoming release in 2027. Barriers and Roadblocks to Soul Progress — Part 1

Laying the Foundation: Building Clarity and Mastery in Your Life's Journey (2024)

Opening Up to Your Divinity; Practical Strategies & Practices for SOUL Growth (2022):

Mastering Life's Adventures: On the Beam (2012)

Podcast Host: Mastering Life's Adventures: Being Your Best Self Through Soul Evolution • drjudithmla.com • New episode released every Wednesday.

PODCAST Host

Mastering Life's Adventures: Being Your Best Self Through Soul Evolution!

Spiritually grounded conversations exploring spirituality, psychology, relationships, emotional well-being, everyday living, and the soul's development.

Listen: drjudithmla.com • Apple Podcasts • Spotify • Amazon Music

Psychologist by training. Leadership & communication coach by professional focus. Educator by practice.

What Participants Notice

"Dr. Holder is amazing and thought-provoking. A real asset to this program."

— Selected workshop participant

"Organized, utilizes adult learning methods, has concrete examples and provided useful take-home points."

— Selected workshop participant

"An effective communicator, very good with synthesizing and summarizing group thoughts and reframing them."

— Selected workshop participant

"Thank you! Your warmth and demeanor was very inviting."

— Selected workshop participant

Ready-to-Use Conference Bio

Dr. Judith C. Holder, PhD, MS, PCC, BCC, is a leadership and communication coach, educator, facilitator, author, and psychologist by training who equips ministers and spiritual leaders with practical coaching skills they can integrate into existing ministry practice. Her work helps leaders listen more deeply, ask purposeful questions, support discernment, and foster greater clarity, ownership, and meaningful change without taking over. Drawing on more than four decades of experience across psychology, behavioral health, coaching, academic medicine, education, and leadership development, she is Founder and Executive Director of the P.A.C.E. Coaching Skills Institute™ and Unique Pathways Coaching & Consulting Services, PLLC, and serves as an Adjunct Associate Professor of the Practice of Medical Education at Duke University School of Medicine.

Host introduction line

"Please welcome Dr. Judith C. Holder—leadership and communication coach, educator, author, and founder of the P.A.C.E. Coaching Skills Institute™, where she helps ministers and spiritual leaders develop practical coaching skills for conversations that matter."

Interview / Podcast Topics

- When helping becomes taking over
- How coaching skills strengthen ministry conversations
- Knowing when to coach, guide, teach, mentor, or refer
- Listening for clarity, ownership, and discernment
- Candidly with care: difficult conversations without diminishing relationship
- Leading through uncertainty without losing the people
- Why coaching skills can work across denominations, interfaith communities, and diverse spiritual traditions
- Supporting the leader who supports everyone else

ENGAGING	PRACTICAL	EXPERIENTIAL
Warm, welcoming, discussion-rich	Coaching skills participants can use immediately	Participants practice, reflect, and apply

FOR SPEAKING, WORKSHOPS, FACILITATED CONVERSATIONS, MEDIA & PODCAST INQUIRIES

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