FERNANDO KITTRELL

THE MENTAL HEALTH PASTOR

STRENGTHENING THE INNER LIFE OF LEADERS.



Keynotes, workshops, and retreats on the emotional side of leadership, grounded in mental health training and faith.

SIGNATURE KEYNOTE

The Hidden Emotional Cost of Leadership

Leaders carry vision, responsibility, and influence, and a weight no one else can see. This keynote names that weight and shows leaders how to carry it well.

Your audience will leave able to:

- Name the pressure they carry that no one else sees
- Spot the early signs of running low, in themselves and their teams
- Use simple tools to stay steady under pressure

More speaking topics

- Leading with Heart & Mind
- The Person Behind the Position
- Burnout Is Not a Badge of Honor
- You Are Not a Fraud
- Saying No Without Guilt
- From Stutter to Stage

The Emotional Reset Experience™

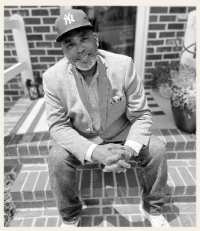
Every keynote, workshop, and retreat is built on this journey.

01 EMERGE
Know who you are under the title.

02 TRANSFORM
Stay steady when the pressure is on.

03 THRIVE
Keep leading well for the long haul.

Keynote · about 1 hour	**Workshop** · half day	**Retreat** · 1–2 days	In person or virtual



About Fernando

Fernando Kittrell, The Mental Health Pastor, helps leaders stay strong on the inside so they can keep leading well. A U.S. Army veteran, author, and Board-Certified Pastoral Counselor with more than 30 years in ministry and leadership, he speaks to executives, pastors, and teams. As a boy he stuttered so badly he barely spoke. Today he helps leaders find their voice and keep it.

30+ YEARS IN MINISTRY & LEADERSHIP • BOARD-CERTIFIED PASTORAL COUNSELOR (BCPC #979) • ED.D. CANDIDATE, TRAUMATOLOGY, LIBERTY UNIVERSITY • U.S. ARMY VETERAN • AUTHOR, *LORD, THAT I MAY KNOW YOU*

BOOK FERNANDO

thementalhealthpastor.com/book

Austin, Texas · Available in person and virtually

KEYNOTE SPEAKER · LEADERSHIP DEVELOPMENT · FAITH-INFORMED EMOTIONAL HEALTH