

2022 NW Washington Synod Coaches



Kevin Bates, DMin, MDiv

Pastor at Magnolia Lutheran, Seattle

Session Options: In person, phone or remote.

Contact info: 206-434-1058, [Email Kevin](#)

Bio: Kevin has been a coach for 8 years. He is working toward his accreditation by the ICF as a Professional Certified Coach. He is a graduate of Pacific Lutheran University (1984), the Lutheran School of Theology at Chicago (1991), and San Francisco

Theological Seminary (2013). Kevin has served congregations in rural, suburban and urban settings. His doctoral dissertation was an exploration of the pastor as staff supervisor. He enjoys accompanying church leaders as they navigate the hurdles, hassles and hopes of ministry.

Melissa French

Spiritual Director; Life Coach at The Heart's Way Home

Location: South Lake Union and Greater Seattle area

Session Options: In Person or Video Chat Contact Info: 206-940-2458 or [Email Melissa](#)

Website: www.theheartswayhome.com

Bio: I formerly was called as an Associate in Ministry, with a bachelor's degree in Biblical Studies from Trinity Lutheran College in Seattle and a masters in Transforming Spirituality from Seattle University. I worked in the area of faith formation for over 25 years; specializing in cross-generational ministries, social justice education/experiences and the accompaniment model approach to mission trips. I currently have a private practice in Spiritual Direction and Life Coaching (The Heart's Way Home) and serve on the Coach Northwest administrative team. I am a 'big picture' thinker, giving great attention to organization, details, logistics and the overall vision. I also know that self-care and nurturing our own spirituality is, ironically, a challenge for those in ministry. Partnering with others on this journey is a passion and an honor. I am excited to work with Pastors, congregations and families discovering what it means to live out our faith at home, in our communities and in the world. In the coaching experience you will find an atmosphere of deep listening and thought provoking questions that will inspire and empower you to take the next step toward your ministry and personal goals. Congratulations on taking the first step!



Hector Garfias-Toledo MDiv, MEd (Bilingual English & Spanish)

Lead Pastor at Trinity Lutheran Church and Schools, Lynnwood, WA

Session Options: Zoom, phone, in person

Contact: [Email Hector](#)

Bio: Hector is a missionary and evangelist at heart. He has been involved in coaching since the early 2000's. He has served as mission developer in Mexico and Illinois, and as a missionary pastor to the English-speaking population in Taiwan. He has been using coaching practices to develop leaders in

congregations. He served as Associate to the Bishop and DEM of the Metropolitan Chicago Synod for eleven years. During that time, he coached pastors and lay leaders in the areas of church planting and leadership development. He received training by the Intentional Impact Group on reproducing leadership. He took the ELCA Levels 1 and 2 coaching training. Currently, he is implementing a coaching culture initiative in the congregation to create a culture of accompaniment, mutual accountability, and coaching as a way of ministry and leadership coaches informally and promotes coaching among leaders in congregations.

Rev. Dr. Mark Griffith

Pastor at Saint Luke's Lutheran Church, Bellevue

Session Options: In Person or Phone

Contact: [Email Mark](#)

Bio: I grew up in Alaska, where as a young person I was steeped in a life of adventure. I love being outside in the mountains, in the wilderness, or on the water. I find all sorts of adventure out here in the Pacific Northwest from hiking and biking to paragliding and kayaking. My wife, Heather, and I have two children who are an absolute delight. I have a Bachelor of Science in Physics from Pacific Lutheran University, a Masters of Divinity from Wartburg Theological Seminary, and a Doctorate in Semiotics and Future Studies from George Fox University. I have completed coach training within the ELCA and with Coachnet. All of these educational opportunities have uniquely prepared me to be a coach. I am able to draw on my physical science background, theological training, and work in signs and symbols to help people achieve their goals. I have found the coaching tools to have a profound impact on my own life and in my life of ministry. I am excited to share these tools with others.

**Gil Jardine, CPC, MPA**

CoachNW steering team member.

Session Options: In person, phone, video chat.

Contact info: 415-596-5578, [Email Gil](#)

Bio: Gil is a deeply experienced, retired executive coach and coach mentor who was accredited by the ICF as a Professional Certified Coach (PCC) for 10 years. He received his BA from Columbia University and his MPA from UNC Chapel Hill. Gil has served multiple congregations in lay leadership positions focusing on adult education and mutual ministry over the past 40 years. He looks forward to helping church leaders, rostered and lay to become even more effective by accompanying them as they create a path to reinvent their roles to serve and build the beloved community in these unique times. For more on Gil's experience please refer to:

<http://www.linkedin.com/in/giljardine>

**Rev. Jane Prestbye**

CoachNW

Session Options: In person, Zoom, Facetime, phone

Contact info: 206-660-1199, klcpastor@kentlutheran.org

Bio: Currently serving as pastor at Kent Lutheran Church, Kent, WA. My past includes twenty plus years as lay staff and the same number of years as ordained clergy. Thirteen of those years include teaching ministry concepts and practices at a collegiate level.

My own experience in being coached has convinced me of the positive impact of coaching. Being coached has helped me to do what I am called to do. I offer to others what I have received.

In my experience of serving as coach I enjoy working with individuals who desire change. If a staff team or a congregational team envision wanting more in their relationships and ministry, I will walk alongside. Group coaching is also a possibility where several people want to grow in their own way but do it together. Coaching is an available asset whether one is just beginning a ministry profession or in retirement or anywhere in-between.

**Gary Rothenberger**

Synod Coaching Coordinator

Session Options: In person, phone, Zoom or FaceTime

Contact: [Email Gary](#)

Bio: Coaching since 2010. Currently serving with Synod coaches to create pathways and partnerships to serve our Church's leaders. Currently working on my Associate Coaching Credential (ACC). I have a passion for next generation leadership, especially in the Church, this is why I see coaching as a positive outcomes relationship, believing in the possibilities of your gifts, advocating for you and the realization of your personal or mission's goals. Careers include residential and commercial construction/construction management and Parish Pastor (ELCA) with an emphasis on Collaborative Leadership Styles in the Parish.

**Cara Tanis**

Pastor at Emmaus Table at 7400 Woodlawn

Available for coaching by phone, on Zoom, or in-person - including walking sessions

[Email Cara](#)

We have more power than we often remember to make our life dreams and goals reality. Giving time, attention and intention is essential in the process of growth and flourishing. Having listening partners for the unearthing and tending of meaning and action for what is of great importance in your life is a gift you give yourself. As a spiritual director and coach, I am available as a partner committed to asking questions and deeply listening to the knowing and skill you hold to evoke your best life.

A few notes about Cara's Experience:

- Member of Coach Northwest Steering Team
- Coach since 2015, seeking ACC with International Coaching Federation
- ELCA Level 2 Coach, Focus - Stewardship and Financial Empowerment
- Spiritual Director since 2011
- Pastor since 2001
- Mission Developer
- Hospice Spiritual Care and Bereavement Coordinator