



**J. Michael Godfrey**  
DMin, PhD, PCC



**PRESSKIT**

Dr. Michael Godfrey is the founder and president of True Course based in Robinson, Texas. Founded in 2003, True Course specializes in mentoring, coaching, and consulting services for executives, clergy, nationally renowned, successful businesses and non-profit organizations. Dr. Godfrey is the designer of True Course Mentoring, a nationally recognized, award-winning mentoring approach that has received the “Malcolm S. Knowles Award for Outstanding Adult Education Program” from the American Association of Adult and Continuing Education.

In addition to True Course, Dr. Godfrey also served for 12 years as a part-time lecturer in Christian education, leadership, and mentoring at the George W. Truett Theological Seminary at Baylor University, and 10 years as an independent contractor with Truett’s Doctor of Ministry program. He is a highly experienced Master Certified Professional for the Birkman Method®, and the author of more than 47 published articles and chapters related to his revolutionary work.

His books, *Put Stress to Work: Turning Headaches into Advantages*, and *Without Regret: Be More, See More, and Achieve More that Really Matters* are available for purchase on Amazon.com in paper, kindle, and audio formats.

Dr. Godfrey holds the Professional Certified Coach credential from the International Coach Federation. He is a Coach U Certified Graduate with more than 250 coach-specific training hours and more than 1,800 clock hours of coaching individuals to achieve what they really want in life.

Dr. Godfrey holds a Doctorate of Educational Psychology with specialties in adult education, mentoring, creativity, and problem solving from the Baylor University School of Education as well as a Doctor of Ministry degree in church and education from Southwestern Baptist Theological Seminary where he also earned a Master of Arts in religious education.

A native of East Texas, Dr. Godfrey has more than 42 years of experience in Christian ministry, and his previous positions include interim pastor, minister of education and business administration, associate pastor, youth minister, and music minister.

Dr. Godfrey and his wife, Susan, reside in Robinson, Texas, and have two grown children and one grandson.

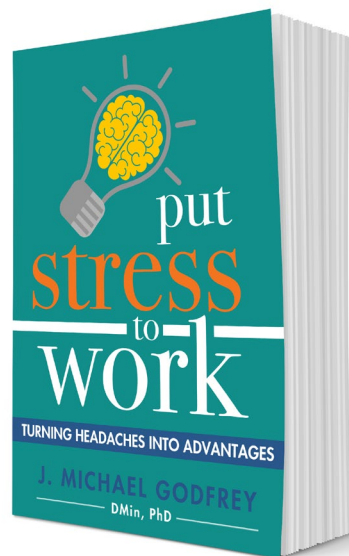
For complete information about Dr. Michael Godfrey  
and True Course Living, Learning, and Leading LLC  
and True Course Ministries, Inc. please visit  
[DiscoverYourTrueCourse.com](http://DiscoverYourTrueCourse.com).



## The Last Stress Management Book You'll Ever Need!

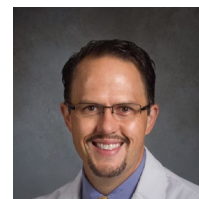
Stress doesn't have to control you or ruin your life. Managed properly, stress can become a positive factor in your life and contribute to your success and well-being. When you treat stress like an employee and get it to work for you instead of against you, your life will quickly improve.

Filled with fascinating information and useful tools, *Put Stress to Work* will revolutionize the way you view stress and provide practical tools to enlist it to help you achieve your life purpose. Written with compassion and understanding, *Put Stress to Work* is a book you'll read with a highlighter in hand and recommend to your friends.



“Stress is real, inevitable and unavoidable. Stress has an immense impact on every aspect of life- emotional, physical, and spiritual. I encounter this every day in my medical practice. The question is...how do we respond? This book provides practical skills that will not only allow you to successfully manage stress, but also to use it to your advantage. Everyone can benefit from his wise instruction, and I can quickly apply his advice and admonitions to my daily life, professional life, and medical practice.”

**Dr. Jason K. Bryant**, Medical Director in Emergency Medicine



“In my work as a therapist, many of my clients come for counseling because they feel overwhelmed and under-equipped to handle the stressors they face in life. What I find useful about Dr. Godfrey's book, “Put Stress to Work,” is that it addresses stress from a physiological, brain-based approach and focuses on teaching ways to manage these stressors rather than eliminating them.”

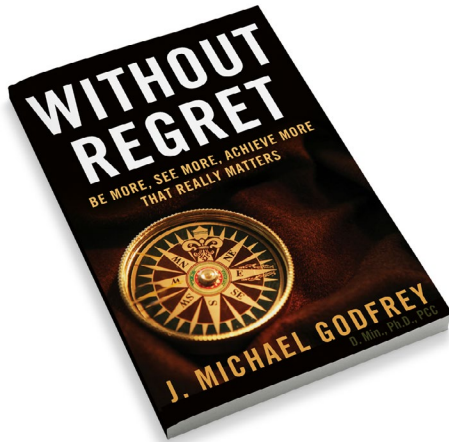
**Tracy Miller**, MS, LPC



## PutStresstoWork.com



## Did You Miss Out on What You Really Wanted While You Were Busy Just Surviving?



Do you ever feel a quiet sadness or disappointment over lost opportunities, superficial relationships, missed moments with friends and family, or things you've said or done?

That's regret. It can sap your energy, poison your future, and harm those you treasure.

*Without Regret* offers you the opportunity to change the course of your life by eliminating your past regret and avoiding any regret in the future. Read it and learn to achieve what you want without sacrificing your loved ones, your integrity, or your health.

"*Without Regret* tackles many issues common to our times: productivity, communication, burnout, sabotage, and how to live a life you design instead of a life that just happens to you... *Without Regret* will make you a better person and winner at the game of life."

**Grant Teaff**, Executive Director, American Football Coaches Association



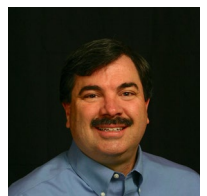
"Being yourself requires courage. *Without Regret* ...candidly illustrates how each of us can live our lives with integrity, even while glimpsing at the rear-view mirror."

**Brian L Fowler**, MD, author of *The Beat of My Hearts*



"It's never too late to do away with regret and be uniquely you... *Without Regret* is a timely message for those who struggle with the demands of faith, family and work.

**Rev. Dr. Wade E Smith**, PhD



## WithoutRegretBook.com



## **Do More That Matters**

If you are ready to take charge of the way you use time and accomplish the things that are really important to you, learn more here. Many tips and resources, including insights from recent findings in brain science.

## **Managing Your Most Valuable Resource**

If your group is ready to take action to be more productive, enjoy their work more, relate better, and achieve a better work/life balance this talk is for you. Focus is on tips for growth in self-awareness and self-management.

## **Staying Fired Up without Burning Out**

Here's some help to develop and practice a strategy for extreme self-care. This talk focuses on the nature of and contributors to burn-out, self-care tips, and the development of a self-care plan.

## **Making Conflict Work for You**

Gain a perspective on conflict and how to manage it for productive ends. I'll walk you through the principles in this presentation.

## **Leadership in Times of Complexity and Change**

Leadership has never been easy and there are no quick easy answers. A few key principles characterize truly excellent leadership for our time. You can get them here.

## **Without Regret**

You really can live without regret by planning and taking action on your plans. When difficult experiences bring feelings of regret, a change in perspective can fill the experience with potential and make it useful for creating a "more" experience in life. This talk outlines how.

## **Your Life Portrait: Frame, Focus, Shoot**

If you want to create the picture you really want, you must follow the steps - frame, focus, shoot. The same is true for getting the life you really want. This talk walks you through the process, step-by-step.

## **When People Make You Crazy: Helps for Realizing a Maximum Team Experience**

Here's a "behind the curtain" look at what is happening with co-worker, employee, and customer interactions (helpful or not) which can impact atmosphere, performance, productivity, and relationships in general. Receive helpful tips and resources for creating maximum team performance and a workplace environment which is enjoyable and provides a better service to your customers.



## Coaching

Coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential through individual or group coaching. We work with business professionals, businesses, clergy, and congregations to help them be more, see more, and achieve more.

## Birkman and Dynamas Consulting

Assessments from Birkman can provide you with a comprehensive overview of an individual's leadership style, career focus, organizational strengths, and much more. Our consulting can benefit every stage of employee involvement including leadership development, team building, career exploration, talent selection, emotional intelligence, and negotiation.



## Increase your group function and meeting efficiency

Through group process consulting we can help your strategic planning and team project meetings achieve higher levels of efficiency and productivity by neutralizing power issues and enhancing healthy, more complete group functioning and interaction. Your meetings will come alive, achieve richer results, and no longer be a dreaded event.

## Training

Online, Teleclass, or On-site: Visit [DiscoverYourTrueCourse.com](http://DiscoverYourTrueCourse.com) for information on training opportunities. True Course can custom-design 1/2-day or full-day training sessions based on your specific needs.

## Corporate Retainers

True Course engages in annual retainer contracts with organizations to deliver coaching, consulting, conflict management, and leadership development as needed for professional employees. We help leaders and teams develop the soft skills they need to lead effectively and prevent people problems that place a drag on goal-achievement. And, they will masterfully manage problematic relational issues when they show up. We help you keep little issues from becoming big ones.





# Client Testimonials



I am a coach and have worked with Michael on several occasions in different capacities. His approach has always been one of integrity and thoroughness. He is uniquely gifted and trained in helping others reach their full potential. I would recommend Michael to anyone who's serious about growing personally and professionally.

**-Val Hastings, MCC**, Founder of Coaching4Clergy



As happens with many recent seminary graduates, my first ministry assignment left me somewhat isolated, especially compared to the community one had during seminary studies. Michael came alongside me and helped me develop habits and goals that would not only help me successfully navigate that period of my ministry, but also help set me on a lifelong journey of successful ministry. I highly recommend him to anyone looking for assistance in becoming the best minister that they can be.

**-Dr. Taylor Sandlin**



I strongly recommend spending time with Dr. Godfrey on a regular basis to receive valuable mentoring that will help you develop into a better leader for your business, family and community.

**-David Nordyke**, Owner/Founder Simply Design Group

I attended one of Michael's luncheons where he spoke on Professional Coaching. Having plans as a small business owner, I was intrigued. In my first conversation with Michael, I was convinced. His professionalism and expertise was evident from the start and I reaped immediate benefits. I was very excited to see what we accomplished in a mere 45 minutes. I look forward to what is in store on the horizon. I highly recommend Michael if you are looking to grow and increase your professional success. It's an investment you can count on!

**-Coaching Participant**

It's impossible to put a price on the benefit of Dr. Godfrey's work with our organization as we have faced the challenges of explosive growth. As a coach he has helped me focus on the areas where I can make the most difference in our organization, be more effective in my role, and work from my strengths to accomplish more. His unique ability to help with practical steps for increasing productivity is invaluable. The work of True Course is helping our team members capitalize on similarities and differences in their personalities and styles for greater productivity. We are experiencing an amazing camaraderie even in the most stressful times. Engaging True Course is not an expense, it's an investment.

**-Eric Shero**, CPA, Executive Vice President and CFO, Alliance Bank of Central Texas

It will be an affirmation of your personality and an 'aha moment' in others. It helped me to have an awareness of who I am and how to handle myself in different situations.

**-Cheryl Jones**

I wish this study had been part of my master's program. Task Lists are my constant companions, but I'm embarrassed to say I've never written a mission statement for myself. I have one now.

**-Sharon Gathright**

## Businesses

**AAON Corp** Longview, TX  
**Alliance Bank Central Texas** Waco, TX  
**Texas Baptists** Dallas, TX  
**Baylor University** Waco, TX  
**Bell County Bar Association**  
**Caplin A&D, LLC** Waco, TX  
**Center for Congregational Health**  
Winston-Salem, NC  
**Chick-Fil-A** Longview, TX  
**Chick-Fil-A, Franklin Ave and  
Richland Mall** Waco, TX  
**Curtis-McKinley Roofing Co.**  
Longview, TX  
**East Texas Baptist University**  
Marshall, TX  
**Habitat for Humanity** Waco, TX

**Hardin-Simmons University** Abilene, TX  
**Presbyterian Children's  
Home & Services** Dallas, TX  
**RLM General Contractors** Longview, TX  
**Texas Eastman Chemical** Longview, TX  
**Texas Life Insurance Company**  
Waco, TX  
**TFE Connect** Hewitt, TX  
**Pasadena Family Dentistry**  
Pasadena, TX  
**Premier ER Plus** Waco, TX  
**Simply Design Group** Dallas, TX  
**Summit Dental Lab** Waco, TX  
**Texas Bar Association Lawyer  
Assistance Program** Austin, TX  
**Non Profit Foundations**

## Churches

**Carpenter's Way Baptist Church**  
Groves, TX  
**Calvary Baptist Church** Waco, TX  
**Center for Ministry Effectiveness,  
Baylor University** Waco, TX  
**Central Baptist Church** Fountain City, TN  
**Dillsburg Brethren in Christ Church**  
Dillsburg, PA  
**Elkview Baptist Church** Elkview, West VA  
**First Baptist Church** Atlanta, TX  
**First Baptist Church** China Spring, TX  
**First Baptist Church** Crawford, TX  
**First Baptist Church** Elm Mott, TX  
**First Baptist Church** Hallsville, TX  
**First Baptist Church** Kilgore, TX  
**First Baptist Church** Lorena, TX  
**First Baptist Church** Marble Falls, TX  
**First Baptist Church** Marlin, TX  
**First Baptist Church** Mart, TX  
**First Baptist Church** Norman, OK  
**First Baptist Church** Palestine, TX

**First Baptist Church** Temple, TX  
**Houston Metropolitan Baptist  
Minsters Conference** Houston, TX  
**Meadowbrook Baptist Church** Waco, TX  
**Memorial Baptist Church**  
Jefferson City, MO  
**Mobberly Baptist Church** Longview, TX  
**Mt. Sinai Baptist Church** Houston, TX  
**New Beginnings Christian Fellowship**  
Waco, TX  
**Normandy Church** Dallas, TX  
**Park Lake Drive Baptist Church**  
Waco, TX  
**Southern Baptist Business  
Officers Conference**  
**Sugarland Baptist Church** Sugarland, TX  
**Susquehenna Conference of the  
Brethren in Christ Church** Carlisle, PA  
**University Baptist Church** Fort Worth, TX  
**Waterstone Community Church**  
Littleton, CO  
**The Wesley at Oklahoma University**  
Norman, OK

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[DISCOVER@DISCOVERYOURTRUECOURSE.COM](mailto:DISCOVER@DISCOVERYOURTRUECOURSE.COM)  
254.300.5443