



DOC PRATT MINISTRIES

HEBREWS 12:11-14

"PURSUING EXCELLENCE THROUGH CONTINUAL, INCREMENTAL, INTENTIONAL IMPROVEMENT
IN ALL OF THE SIX DIMENSIONS OF HEALTH & WELLNESS"

Business Plan

Doc Pratt Ministries

Relational Discipleship Community

Board of Directors:

Stephanie Billups, Chief Creative Officer

Brianne Gilliland, Chief Compliance Officer

Officers:

Amy C. Pratt, Executive Director

A FAITH-BASED NONPROFIT DEDICATED TO BUILDING COMMUNITY AND TRAINING IN THE SIX DIMENSIONS OF HEALTH & WELLNESS



Hebrews 12:12-13



330-962-2564



DocPrattMinistries.org

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Executive Summary

Doc Pratt Ministries: Relational Discipleship Community

Doc Pratt Ministries as Relational Discipleship Community

Prepared for: Christian Leaders and Supporters

Focus: Community and Individual Relational Discipleship Toward Christlikeness

Introduction

Doc Pratt Ministries stands as a compelling example of effective parachurch ministry that addresses the critical need for holistic discipleship in Christian spiritual formation. Built upon the legacy of "Doc" Pratt—a beloved physician, mentor, and community leader—this faith-based educational nonprofit provides comprehensive training through its Six Dimensions of Health & Wellness curriculum that develops the whole person toward Christlikeness through authentic community relationships.

The Biblical Foundation for Parachurch Ministry

Parachurch organizations like Doc Pratt Ministries serve a vital role in God's kingdom by coming alongside local churches to provide specialized ministry that individual congregations may not be able to address comprehensively. These organizations exist to support, partner with, and resource Christians and local churches, enabling them to focus on their primary calling while receiving supplemental discipleship training. Doc Pratt Ministries exemplifies this biblical model by offering holistic wellness training that enhances rather than replaces local church ministry.

Doc Pratt Ministries & the Neurobiology of Transformation

Doc Pratt Ministries addresses the neurobiological reality that lasting character change and personal growth are driven by the brain's right hemisphere, which governs relationships and emotional processing, rather than the left hemisphere's rational knowledge and willpower alone. This scientific understanding informs our comprehensive social psychology approach that integrates both relational and rational elements for authentic and lasting transformation.

The right hemisphere literally shapes who we become through attachment relationships¹. The community of who we identify as "our people" shapes who we become. For "our people" to have a positive impact on transformation, four essential "relational nutrients" must be present: **joy** (the feeling when someone is glad to be with us), **hesed** (covenant-style relationships), **positive group identity**, and **healthy correction**.

When communities lack these relational nutrients, they create "depleted soil" where narcissism flourishes and personal growth stagnates. However, when these four essential ingredients are present, positive transformation naturally occurs.

Doc Pratt Ministries: A Model of Comprehensive Discipleship

Holistic Formation Through Six Dimensions

Doc Pratt Ministries' The Six Dimensions of Health & Wellness curriculum recognizes that authentic Christian transformation requires attention to the entire person—emotional, mental, physical, vocational, social, and financial wellness. This comprehensive approach addresses what many churches struggle to provide: discipleship that extends beyond Sunday morning teaching to practical life application throughout the week.

The curriculum is grounded in Hebrews 12:11-14, emphasizing that disciplined growth yields "the peaceful fruit of righteousness" in every area of life. Rather than compartmentalizing spiritual growth, the ministry integrates faith principles into practical wellness strategies that participants can immediately implement.

Neurobiologically-Informed Community Transformation

Doc Pratt Ministries addresses neurobiological reality through our comprehensive approach:

Right-Hemisphere Relational Community:

- **Joy:** Through our Doc's Place gatherings, we create face-to-face interactions that generate the joy our brains need to fuel transformation
- **Hesed:** DPM cultivates a community based on a sense of belonging, with a "we/us" mentality rather than the more common practice of "you/them"
- **Positive Group Identity:** DPM's mission is "Pursuing Excellence through continual, incremental, intentional improvement in all of The Six Dimensions of Health & Wellness within ourselves first to strengthen and inspire others through service and servant leadership"
- **Healthy Correction:** DPM's community of belonging reminds its members regularly of Joy, Hesed, and our Group Identity which organically transforms each member into a healthier individual, with a strong sense of identity and purpose

Left-Hemisphere Cognitive Learning:

Focusing on developing a Relational Community first, DPM then applies structured learning using our original curriculum, The Six Dimensions of Health & Wellness, through our Berean Scholars book clubs and Coach Amy's individualized guidance. This creates the "full-brained"

approach that neuroscience proves is necessary for lasting change and thriving human communities.

The ministry's three-tiered intimacy model within its Social Wellness dimension teaches participants to develop meaningful relationships at multiple levels: an innermost circle of 1-3 people, a crew of approximately 12, and connection to a larger community. This structure provides the relational security and accountability essential for spiritual growth while preventing isolation or unhealthy dependency.

Identity Formation Through Character Modeling

Doc Pratt Ministries intentionally builds community identity around the Christ-centered character exemplified by "Doc" Pratt himself. His legacy of integrity, wisdom, servant leadership, and holistic care provides a tangible model for community members to emulate. This character-based approach to discipleship moves beyond abstract principles to concrete examples of how faith integrates into daily life and service to others.

Creating Narcissism-Resistant Culture

Doc Pratt Ministries provides a narcissism-resistant culture where people experience genuine belonging, develop secure attachments, and undergo lasting transformation. By building community around service, humility, and the servant leadership character of Doc Pratt, the ministry creates a culture that naturally resists the narcissistic tendencies that can undermine spiritual growth. The emphasis on "strengthening and inspiring others" rather than self-promotion creates an environment where authentic spiritual maturity can flourish.

Specialized Ministry Excellence

Professional Expertise and Focus

As a parachurch ministry, Doc Pratt Ministries provides specialized training in holistic wellness that most local churches cannot offer with equivalent depth and consistency. The organization's concentrated focus on the Six Dimensions curriculum allows for expertise development that serves multiple churches and communities simultaneously.

This specialization includes:

- Professional Coaching Services: Individual and corporate coaching focused on goal definition, strategic planning, and collaborative achievement
- Educational Media: Weekly podcasts, daily inspiration content, and educational blogs reaching broad audiences
- Structured Learning: Berean Scholars book clubs and discipleship classes promoting continual growth

- **Community Engagement:** Regular gatherings that facilitate connection and service opportunities

Cross-Denominational Impact

The ministry operates as an interdenominational resource serving Christians across various church traditions. Its faith-based approach rooted in Scripture provides common ground for believers from different denominational backgrounds to pursue excellence together. This cross-denominational service multiplies the ministry's impact beyond what any single local church could achieve while respecting the unique traditions and teachings of each participant's home congregation.

Addressing Contemporary Discipleship Challenges

Beyond Information Transfer

Doc Pratt Ministries addresses a critical gap in contemporary Christian discipleship: the need for transformation that goes beyond intellectual knowledge to practical life change. Modern research in spiritual formation confirms that lasting transformation requires both cognitive understanding and relational engagement—what some scholars call "full-brained faith."

The ministry's experiential learning approach through coaching services, community gatherings, and practical application of the Six Dimensions curriculum engages multiple learning modalities. Participants don't simply learn about wellness principles; they practice them within a supportive community context that reinforces positive changes.

Sustainable Transformation Model

The curriculum's design for annual or bi-annual review creates ongoing relational engagement necessary for lasting transformation. This approach recognizes that discipleship is not a single event but requires continuous community support and accountability. The recurring nature of the program builds deep relationships among participants while preventing the spiritual stagnation that often occurs after completing traditional discipleship programs.

Strategic Partnership with Local Churches

Complementary Ministry Model

Doc Pratt Ministries operates as a true partner to local churches rather than a competitor. The ministry's educational focus and specialized curriculum complement rather than duplicate typical church programming. Local church leaders can confidently recommend their members to Doc Pratt Ministries knowing that participants will return better equipped to serve within their home congregations.

The ministry's approach enhances what churches already provide by offering:

- Specialized training in areas where churches may lack resources or expertise
- Cross-denominational fellowship opportunities that broaden participants' perspective
- Practical life skills training that supports spiritual growth
- Leadership development that benefits home congregations

Leadership Development and Church Health

Through its comprehensive programming, the ministry develops leaders who return to their local churches with enhanced skills and deeper spiritual maturity. Participants gain experience in small group leadership, mentoring relationships, and community service that directly translates to more effective church involvement.

The ministry's focus on healthy relationships and character development also contributes to overall church health. Participants learn to navigate conflict constructively, build authentic community, and maintain healthy boundaries—skills that improve church dynamics and reduce the relational dysfunction that can hinder congregational effectiveness.

Community Outreach Platform

The ministry's community focus through Doc's Place events creates natural opportunities for local churches to engage with their broader communities. Church members participating in Doc Pratt Ministries activities can invite unchurched neighbors and friends, creating evangelistic opportunities that benefit local congregations while maintaining the ministry's primary focus on discipleship rather than evangelism.

The Integration of Faith and Wellness

Biblical Foundation for Holistic Health

Doc Pratt Ministries' approach to wellness is thoroughly grounded in biblical principles that recognize humans as integrated beings—body, mind, and spirit. The ministry's Six Dimensions framework reflects the biblical understanding that spiritual health affects all areas of life, and conversely, that physical, emotional, and relational health support spiritual growth.

This integration challenges the false dichotomy between sacred and secular that often limits Christian discipleship effectiveness. By addressing practical areas like financial planning, physical health, and vocational calling within a biblical framework, the ministry demonstrates how faith applies to every aspect of daily life.

Practical Spirituality

The curriculum's emphasis on "continual, incremental, intentional improvement" reflects biblical principles of sanctification while providing concrete steps for growth. Rather than leaving

participants with abstract spiritual concepts, the ministry offers practical tools and strategies that make spiritual growth measurable and sustainable.

This practical approach includes specific assessments, goal-setting processes, and accountability structures that support long-term transformation. Participants learn to evaluate their growth across all six dimensions using a scale from "Desert" (requiring immediate attention) to "Thriving" (maintenance mode), providing clear benchmarks for spiritual and personal development.

Conclusion

Doc Pratt Ministries represents an innovative model of relational discipleship that addresses the whole person while strengthening local church ministry. By providing specialized training in holistic wellness within a Christian community context grounded in neuroscientific understanding, the ministry creates the relational foundation necessary for authentic transformation toward Christlikeness.

Doc Pratt Ministries creates the relational foundation that makes holistic transformation neurobiologically possible¹. The ministry's commitment to "Pursuing Excellence through continual, incremental, intentional improvement" reflects the ongoing nature of discipleship that creates lasting transformation rather than temporary spiritual enthusiasm. For Christians seeking authentic spiritual growth that addresses the whole person within genuine community, Doc Pratt Ministries offers a proven model that honors both the legacy of its namesake and the biblical mandate for comprehensive Christian formation.

As churches continue to grapple with declining engagement and superficial spiritual growth, parachurch ministries like Doc Pratt Ministries provide essential partnerships that can revitalize discipleship effectiveness. The ministry's success demonstrates that when Christian community is built on strong relational foundations, comprehensive life application, and neurobiologically-informed practices, transformation naturally follows.

For more information about partnering with Doc Pratt Ministries, contact Executive Director Amy C. Pratt at 330-962-2564 or visit DocPrattMinistries.org.

Impact Plan: Products, Programs, and Services

Coach Amy

The Six Dimensions of Health & Wellness

Doc's Place

Berean Scholars

Coach Amy Pratt

Individual Sessions

Anyone from the public or from within Doc Pratt Ministries' community is welcome to reach out to Coach Amy (through DPM's website, phone number, or CoachAmyPratt@gmail.com) to discuss how a coaching relationship could accelerate and empower their desire for personal growth, defining goals, and attaining resources and accountability to reach those goals at a sustainable rate. Sessions for the public are available as video chats or at a local business' meeting room. For those already within Doc Pratt Ministries' community, sessions are also available in Coach Amy's family room. Once Doc Pratt Ministries obtains a dedicated community center, sessions will be available there as well, for the public clients and DPM community's clients.

Sessions cover whatever T6DH&W topic the client chooses, and HIPAA laws are intact for all conversations other than criminal or abusive activity that a client shares whether in a session or outside the session. See the client contract in the Appendix for more information.

Corporate seminars

Unlocking Team Potential

This five-session workshop uses DiSC and Clifton's Strengths to optimize workplace environment and team functionality, focusing on defining and celebrating team members' talents and personalities to maximize potential and employee satisfaction.

The Challenging Life of Leadership

Change Management

How to prepare and guide your staff through seasons of change without losing them (or your sanity!)

Communication Skills

Atomic Habits

James Clear's methodology is coupled with Coach Amy's guidance through exercises and discussion for life-changing effects that don't overwhelm.

T6DH&W Curriculum Presentations

YouTube Livestream: Comm. of Inspirational Influencers

Billed as a leadership podcast, The Six Dimensions of Health & Wellness' content is shared from psychology research, Simon Sinek, Brene Brown, John Maxwell, and other leaders of leaders. Sundays at 7:30pm, we encourage people to join our community with their favorite drink in hand, ready to consider important topics that turn our

influence into inspiration for everyone we encounter throughout the week. Links to livestreams are available on website.

The Daily Brew: YouTube shorts

Billed as a short shot of daily inspiration, Scripture is shared and applied for those who hit the ground running every morning and fall into bed exhausted at the end of the day.

Patreon

Coach Amy's more exclusive and impactful curriculum and teaching resources. T6DH&W includes deep dives into other authors' work, so those portions must be protected by username and password and require purchase of the books to be a part. For currently available curricula available on Patreon, see the Appendix section.

Annual Retreat

An unfortunate reality that goes along with the current loneliness epidemic is many people never go on vacation because they have no one to go with. The hope for this annual retreat is two-fold: 1) Build and strengthen a community as a surrogate family for those without one they can rely on. 2) A group discipleship/mentoring intensive to discuss in-depth important topics (T6DH&W) that impact personal growth and turn our influence into inspiration.

Blog

Non-political, Scripturally-sound readable versions of the same curriculum base as the other venues.

Pods, Check-Ins, and 8 Minutes

Weekly "Pods" will be 15-30min. video chat scheduled with a few, well-matched clients and Coach Amy to deepen relationships by sharing details of each other's lives and discussing a short, apropos topic to empower clients, their influence, and their personal growth.

Check-Ins are short one-on-one calls (video or audio) or texts from Coach Amy to clients who opt for these encounters, with the objective to strengthen the relationship between the client and the community. This can be a segue for a local client to become a regular part of the local community and its events.

"Do You Have 8 Minutes?" is a text Simon Sinek and his friends send to each other to signal they need help and support in that moment as they are going through a difficult situation. According to Sinek, research shows that eight minutes is how long it takes for a felt connection to happen between people. Doc Pratt Ministries' community has adopted this method and understands it as a drop-everything-possible request for help and an 8-minute phone call to connect and get re-grounded. If more support is needed, plans are made to get together in person.

LifeSkills

Adulting 101

Personal Finance & Money Management

1. How do I create and stick to a budget?
2. What's the difference between a checking and savings account, and how do I them?
3. How do I build and maintain a good credit score?
4. How do I file my taxes, and what documents do I need?
5. What should I know about credit cards, interest rates, and avoiding debt?
6. How do loans and mortgages work?
7. What are the basics of investing and retirement planning?

Housing & Living Independently

8. How do I find, lease, and maintain an apartment or house?
9. What should I know about setting up utilities and paying bills?
10. How do I create a system for keeping my home clean and organized?
11. What are the essentials for moving out for the first time?

Health & Wellness

12. How do I schedule and prepare for medical and dental appointments?
13. How does health insurance work, and what do different terms mean (deductible, copay, etc.)?
14. What are the basics of healthy meal planning, grocery shopping, and cooking?
15. What do I need to know about mental health and self-care?
16. How do I maintain good hygiene and personal care routines?

Practical Life Skills

17. How do I do laundry, including sorting, washing, and stain removal?
18. What basic car maintenance should I know (oil changes, tire pressure, etc.)?
19. How do I perform basic home repairs and maintenance?
20. What are the steps for writing a check or using online bill pay?

Career & Professional Skills

21. How do I write a resume, apply for jobs, and ace an interview?
22. What are the basics of workplace etiquette and communication?
23. How do I read and understand a benefits package from an employer?

Relationships & Communication

24. How do I set boundaries and maintain healthy relationships (romantic, family, friends, work)?
25. What are the essentials of conflict resolution and effective communication?

Basic Car Maintenance

1. Fluids (Gas, oil change, brake fluid, power steering, etc.)
2. Windshield wipers
3. Lights

4. Tire pressure, tread, and rotation
5. Battery or alternator?
6. Hoses
7. Washing and waxing
8. Spark plugs
9. Owner's manual and keeping records
10. Warning lights
11. Finding professionals you can trust

Health, Sex Ed, and Hygiene

This is practical guide covers topics such as:

1. Healthy eating and physical activity
2. Lifestyle choices and the impact on health
3. Regular medical care
4. Sleep hygiene
5. Anatomy and physiology
6. Consent and communication
7. Sexual health and values
8. Bathing, handwashing, and skin/hair care
9. Oral hygiene
10. Healthy routines

The Six Dimensions of Health & Wellness

Doc Pratt Ministries' original curriculum, The Six Dimensions of Health & Wellness, is a transformative guide designed to guide its users to discover and develop their God-given identity and calling and to evaluate each dimension for what needs healing, repair, or growth and establish healthy goals and habits to meet and sustain those goals. By integrating emotional, mental, physical, vocational, social, and financial wellness, clients are empowered to align their passions, gifts, and values with God's plan for their lives. This holistic approach fosters confidence, balance, and a deep sense of purpose, enabling individuals to thrive in every area of life while establishing a sustainable, smooth path toward their unique, clearly-defined, horizon-level goals.

The Six Dimensions of Health & Wellness intertwine and affect each other, so none can exist alone. This curriculum is designed to go through all six dimensions in a cursory fashion first to establish a basic, healthy functioning plan for each dimension. Following that assessment, we then attend to each dimension in order, from Emotional Wellness to Financial Wellness, at a deeper level a few times through, until each dimension has achieved a status of Thriving and a maintenance plan has been structured and implemented. Because life shifts so frequently and takes our attention away from these foundational structures in our lives, the maintenance should include an annual in-depth review of the curriculum as well as intentional reminders on a daily/weekly basis.

Stages of Each Dimension of The Six Dimensions of Health & Wellness

1	Desert	Extremely lacking, requiring immediate attention and effort
2	Overgrown/ Malnourished/Neglected	Some pruning needed, some intentional care needed
3	Surviving	Doing well enough but could do better
4	Thriving	No room for improvement here - Needs a plan for maintenance.

Emotional Wellness

- A. Identity - Knowing yourself thoroughly is the key to overall health and wellness. Personality traits, strengths, weaknesses, and unique values all lie in the center of your being and directly affect the success in every dimension of life.
- B. Emotion recognition & definition - Emotions are indicators much like a car's dashboard lights. Learning to recognize and define emotions in the moment facilitates proactive measures for wellness rather than reacting haphazardly.
- C. Spiritual Wellness - Doc Pratt Ministries offers an optional individual or group Christian discipleship program which uses varied resources from Bible Project Classroom, A Discipleship Journey, The Chosen, and more.

Mental Habits, Health, & Wellness

- A. Choosing a Life of Inspirational Influence (Pratt, 2025) - Living a life of inspirational influence occurs by beginning within, gaining solid footing, considering external influences, planning sustenance, and building your team for the journey ahead.
- B. Atomic Habits (Clear, 2018) - Building good habits and breaking bad ones through small, incremental changes that compound over time. Success is less about willpower and more about designing effective systems and environments to support positive behavior. The Four Laws (Clear, 2018) teach how confidence and success can be achieved in these ways.
- C. Cognitive Health - Feeding your brain to keep it agile, strong, and resilient.

Physical Health & Wellness

- A. Nutrition - Glucose Revolution (Inchauspé, 2022) and The MIND Diet (Moon, 2016) provide solid research-based wisdom on eating for physical health. Simple tricks like learning to eat meals in the correct order makes remarkable improvements.
- B. Exercise - The childhood basics of just move and have fun are employed to care for the only body we'll ever have.
- C. Medical - Specified ways to navigate the medical world to benefit your health without feeling like a hypochondriac. The Body Keeps the Score (VanDerKolk, 2014) and peer-reviewed, current research studies teach about the connection between the first three Dimensions: Physical Health, Emotional Wellness, and Mental Health.

Vocational Wellness

- A. Calling - StrengthsFinder 2.0 (Gallup & Rath, 2017), skills, values, academic gifts, spiritual gifts all feed into your passion.
- B. Career - Sometimes a person's calling and their career is one in the same. Whether yours is or not, your job is much more than a means to pay your bills. Proximity Principle (Coleman, 2019), when coupled with the valuable information gained thus far through The Six Dimensions of Health & Wellness, guides the search for a fulfilling career.
- C. Seasons - High school guidance counselors will have a young, naïve student believe they have only one chance to choose their lifelong career correctly. In reality, life has seasons and provides space for planning career shifts.

Social Wellness

- A. Three intimacy levels - Whether introverted, extroverted, or ambiverted, we all need an innermost 1-3 person circle, a crew of approximately 12, and a larger community to belong to.

- B. Communication skills - Why Don't We Listen Better? (Petersen, 2022) and An Essential Guide to Interpersonal Communication (Schultze & Badzinski, 2015) guide learning how to strengthen relationships with quality communication.
- C. Seasons - Relationships ebb and flow through life, whether by design or necessity. Boundaries (Cloud & Townsend, 2017) and Necessary Endings (Cloud, 2011) begin the deliberation of letting go versus cultivating relationships.

Financial Wellness

- A. Money plan - Establishing, practicing, and maintaining a personalized plan for handling finances that serves your desires and goals well. Financial Peace University and Confidence & Success in Money & Retirement (Pratt, 2022) teach how.
- B. Visualizing your horizon - Using a white board and colorful markers, we forget about boundaries and dream about your ideal horizon-level goals and set a plan in motion to achieve them. Everyday Millionaires (Hogan, 2019) and Retire Inspired (Hogan, 2016) bolster this effort.
- C. Planning for Retirement in ALL the ways - Retirement involves much more than just good financial planning (Pratt, 2022).

Doc's Place

“Six essential qualities for a sense of community:
connection, participation, safety, support, belonging, and empowerment.”
(Bernstein et al., 2020, *Teaching Psychology*)

Doc's Place is a like-minded community Pursuing Excellence that facilitates connection, personal growth, and opportunities for service through family-style social gatherings and community events.

Family-Style Events

- Holidays together
- Third Saturday game nights with a simple meal
- Watching the Game Together

Multi-Ministry/Nonprofit Local Events Calendar

- Birthdays! - Remembering and celebrating each others' significant dates
- Coach Amy's annual retreat - A chance for people to connect and strengthen relationships by going on vacation with friends and studying impactful topics together
- Attending vetted events with familiar faces found through relationships with other local nonprofits and ministries

Community Principles are found below in Bylaws A.1.

Berean Scholars

*“Let your eyes look forward; fix your gaze straight ahead.
Carefully consider the path for your feet, and all your ways will be established.”
(Proverbs 4:25-26 CSB)*

The Chosen Blanket Fort

The Chosen Blanket Fort is a well-established Tuesday evening group that started meeting in early 2024 as a class requirement for Amy Pratt’s master’s degree. This group watches an episode of The Chosen each week and exemplifies Doc Pratt Ministries’ Relational Discipleship Community perfectly. We challenge each other in Berean Scholars studies, support each other while navigating life’s struggles, and showcase joyful *hesed* beautifully, as described in The Other Half of Church.

Bible 101

Using Bible Project Classroom: How to Read the Bible (19 5min videos)*, Bible Hub, and other sources, Bible 101 is a course offered to anyone interested in learning what the Bible is, how it is structured in history and now, the historical context of its individual books, and the decisions made for some books to be included and others not included. * <https://bibleproject.com/videos/collections/how-to-read-the-bible>

Bible 201

Using Bible Project Classroom: Introduction to the Hebrew Bible (29 30min videos)*, Bible Hub, and other sources, Bible 201 is a course offered to anyone who has completed Bible 101 and wishes to dig deeper.

* <https://bibleproject.com/classroom/introduction-to-the-hebrew-bible>

Book Clubs

The books listed in The Six Dimensions of Health & Wellness

- Atomic Habits
- Brené Brown
- Choosing a Life of Inspirational Influence
- Glucose Revolution
- The Body Keeps the Score
- The Other Half of Church
- Creation Regained
- Why Don't We Listen Better?
- An Essential Guide to Interpersonal Communication
- Boundaries
- Necessary Endings
- Confidence & Success in Money & Retirement
- Everyday Millionaires
- Retire Inspired

Online & In-Person Classes (T6DH&W)

See the Appendix section for currently available courses. These courses are available for purchase as digital resources (contact DocPrattMinistries.org/contact to purchase), online Zoom/Meet courses led by Coach Amy, or in-person classes/seminars presented by Coach Amy.

Grief Share or Grief Recovery

Doc Pratt Ministries is currently researching group-based grief curricula to find the most apropos structure for walking with community members navigating difficult transitions in life.

Educational Resources

Have copies of the books and resources available for students

Bylaws

Community Principles

(adapted from DPM's Executive Summary, Excellence Wins (Schulze, 2019), The Other Half of Church (Wilder & Hendricks, 2020), and Romans 12:1-15:13)

A. FOUNDATIONAL ATTITUDES & TRANSFORMATION

Biblical Foundation: Romans 12:1-2; Galatians 5:22-23

Neuroscience Foundation: Full-brain engagement for lasting character formation

- Present ourselves as living sacrifices, holy and pleasing to God
- Be transformed by the renewal of our minds through both cognitive learning and relational experiences
- Manifest the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control
- Be fervent in spirit, serving the Lord with zeal through right-brain relational connection and left-brain purposeful action
- Pursue continuous improvement and excellence in all things through full-brained discipleship

B. JOY AS THE FOUNDATION OF TRANSFORMATION

Biblical Foundation: Psalm 16:11; John 17:13

Neuroscience Foundation: Joy activates the brain's social engagement system essential for character formation

- Recognize that joy is relational - the feeling when someone is glad to be with us
- Create face-to-face interactions that generate genuine delight in relationship
- Launch joy-building gatherings focused on sharing stories of God's faithfulness, celebrating together, and practicing gratitude
- Celebrate relational milestones and acts of service to reinforce community bonds
- Host regular meetings that increase communal joy through connection and shared experiences
- Remember that joy and screen time are inversely proportional - prioritize personal presence

C. HESED (ATTACHMENT LOVE) AS SPIRITUAL FOUNDATION

Biblical Foundation: God's enduring covenant love throughout Scripture

Neuroscience Foundation: Secure attachment relationships provide the neurological foundation for character development

- Practice hesed - the "sticky love" that remains attached regardless of behavior
- Facilitate attachment groups where members support each other through life's ups and downs

- Create high-trusted communities characterized by strong, lasting attachments that persist through difficulties
- Carry one another's burdens to fulfill the law of Christ (Galatians 6:2)
- Provide relational nutrients essential for spiritual growth through secure, lasting relationships

D. GROUP IDENTITY & UNITY IN COMMUNITY

Biblical Foundation: Romans 12:4-8; Colossians 3:12

Neuroscience Foundation: Identity formation occurs through the minds we are connected with

- Develop group identity statements that reflect our shared identity in Christ and unique mission
- Recognize we are one body in Christ with many diverse members
- Use our gifts according to God's grace: prophecy, serving, teaching, encouraging, giving, leading, showing mercy
- Create clearly defined Christian identity that provides framework for Christ-like responses under stress
- Foster shared leadership that prevents power consolidation and narcissistic behavior
- Promote inter-organizational partnerships to broaden relational networks

E. HEALTHY CORRECTION & CHARACTER FORMATION

Biblical Foundation: Proverbs 27:5-6; Galatians 6:1; Romans 12:17-21

Neuroscience Foundation: Healthy shame serves as powerful motivator for character change when delivered within secure relationships

- Practice healthy correction that affirms identity while addressing behavior, avoiding condemnation
- Train leaders and members in biblically grounded, relational correction
- Develop accountability partnerships for mutual encouragement and gentle correction
- Repay no one evil for evil; overcome evil with good
- Create culture of uplifting correction that strengthens rather than damages relationships
- Distinguish between healthy conviction and toxic shame in community interactions

F. GENUINE LOVE & RELATIONAL EXCELLENCE

Biblical Foundation: Romans 12:9-10; 13:8-10

Neuroscience Foundation: Character formation occurs through attachment relationships rather than information transfer

- Let love be genuine; abhor evil and hold fast to good
- Love one another with brotherly affection; outdo one another in showing honor
- Create environments where mutual mind states develop through shared relational experiences
- Listen for ways to show each person love and keep notes of their needs

- Serve others without asking for favors or attention
- Engage in whole-brain discipleship that balances cognitive learning with relational practices

G. HOSPITALITY & WELCOMING PRESENCE

Biblical Foundation: Romans 12:13; 15:7

Neuroscience Foundation: Face-to-face interaction necessary for joy and transformation

- Show hospitality to strangers and contribute to the needs of the saints
- Welcome one another as Christ has welcomed us, for the glory of God
- Give warm welcomes and anticipate each person's needs
- Always recognize everyone in attendance as soon as possible
- Attend to people, not cell phones and screens
- Create spaces for authentic connection beyond surface-level social interaction

H. VULNERABILITY & EMOTIONAL SOLIDARITY

Biblical Foundation: Romans 12:15

Neuroscience Foundation: Emotional processing occurs primarily in the right brain hemisphere

- Rejoice with those who rejoice; weep with those who weep
- Create a culture of vulnerability where honest sharing of struggles and emotions is safe
- Model and encourage authentic self-reflection without comparison to others
- Provide healing prayer and listening spaces for contemplative and emotional well-being
- Encourage artistic and creative expression to engage right-brain emotional connection

I. FULL-BRAIN SPIRITUAL FORMATION

Biblical Foundation: Mark 12:30 (love God with heart, soul, mind, and strength)

Neuroscience Foundation: Lasting transformation requires both left-brain cognition and right-brain relationship

- Integrate whole-brain discipleship that intentionally balances cognitive and relational learning
- Design spiritual practices that engage both rational understanding and emotional experience
- Avoid purely informational approaches that bypass the brain's attachment system
- Provide training in neuroscience-informed ministry approaches
- Create relational Bible study that emphasizes community connection alongside content mastery

J. NARCISSISM RESISTANCE & SERVANT LEADERSHIP

Biblical Foundation: Romans 12:3, 16; Philippians 2:3-8

Neuroscience Foundation: Healthy relational nutrients create inhospitable environments for narcissistic behavior

- Practice sober self-judgment, not thinking more highly of ourselves than we ought
- Associate with the lowly; avoid haughtiness and being wise in our own sight
- Promote shared leadership structures that prevent power consolidation
- Create accountability systems that emphasize character over charisma in leadership
- Maintain the four relational nutrients (joy, hesed, group identity, healthy correction) that prevent narcissistic infection
- Focus ministry on Christ rather than individual leaders or personalities

K. MUTUAL EDIFICATION & COMMUNITY SERVICE

Biblical Foundation: Romans 15:1-2

Neuroscience Foundation: Shared mission builds joy and attachment through teamwork

- Bear with the failings of the weak and build others up for their good
- Engage in community service together to strengthen bonds and purpose
- Offer relational skills workshops using exercises for appreciation, listening, and conflict resolution
- Please our neighbors for their good, to build them up
- Inspire people to rise to excellence through relational encouragement

L. ASSESSMENT & CONTINUOUS GROWTH

Biblical Foundation: Romans 12:2 (continuous transformation)

Neuroscience Foundation: Regular evaluation necessary for maintaining healthy relational nutrients

- Implement regular “soil assessments” using joy, hesed, group identity, and correction evaluations
- Host gratitude practice sessions to build resilience and emotional health
- Regularly review and adapt practices based on feedback and community health assessments
- Adjust to each person’s pace and individual needs in their growth journey
- Document improvements and maintain accountability for continued transformation

M. INTEGRITY & EXCELLENCE IN CONDUCT

Biblical Foundation: Romans 13:11-14

Neuroscience Foundation: Group identity influences individual behavior under stress

- Walk properly as in the daytime, putting on the Lord Jesus Christ
- Dress and speak professionally while maintaining authentic relationships
- Maintain confidentiality as paramount in all community interactions
- Speak only positive things about DPM and people, building others up
- Ensure all communications reflect God’s image and DPM’s excellence standards

- Reset spaces for ministry and maintain brand consistency with professional standards

N. STEWARDSHIP & PREPARATION

Biblical Foundation: Faithful stewardship principles

Neuroscience Foundation: Environmental design supports positive behavior change

- Be prepared with client information and DPM services/resources
- Clean and repair everything as acts of service and community care
- Focus on the important, not necessarily the urgent, for sustainable transformation
- Keep rehearsing these standards to maintain them in community consciousness
- Create environments that make good habits obvious and support positive change

O. DISCRETIONARY LEADERSHIP & WISDOM

Biblical Foundation: Wise judgment and godly leadership

Neuroscience Foundation: Mature leadership prevents toxic patterns and promotes healthy community

- Discretion regarding questionable activities, content, events, and community behavior shall be brought to the Executive Director and board for resolution and final decision, without contest from others
- When decisions need to be made in the moment, DPM's Officials and Board Members are relied upon to take action upholding DPM's Community Principles and Statement of Faith
- Leadership decisions prioritize community health and the four relational nutrients over individual preferences or convenience

Team: Officials and Board Members

DPM requires all board members and all official officers to be fully surrendered by faith, works, and continual sanctification to the God of the Bible, Jesus, and the Holy Spirit. All Officials and Board Members meet for updates and prayer q4mo (Jan - annual planning and review, May - updates, Sept - updates and holidays). Officials and Board Members cannot have an official capacity in any corporation, ministry, nonprofit, or other business entity when conflict of interest could arise. DPM Officials and Board Members deliberate and decide with a "DPM first" mentality and position.

1. Executive Director - Oversight, Vision, Leadership, Finances, Fundraising, Peacekeeper, Public Face of DPM, "Registered Agent"
2. Board
 - a. Chief Creative Officer - Strategy, All Things Creative, Executive Director Accountability
 - b. Chief Compliance Officer - Strategy, Compliance, Governance, Executive Director Accountability
 - c. Third official(?)

Partners and Suppliers

1. DPM will accept funding from entities that allow DPM to work according to the Bylaws, Statement of Faith, and Community Principles.
2. All content, curriculum, agenda, or event must comply with DPM's Statement of Faith, Community Principles, and bylaws.

Statement of Faith

1. Doc Pratt Ministries (DPM) adheres to the statements in The Apostles' Creed and The Nicene Creed. DPM reserves the right to live out the Christian faith and its values, as stated in the Statement of Faith and the Christian Bible.
2. The Apostles' Creed: I believe in God, the Father Almighty, Creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, who suffered under Pontius Pilate, was crucified, died, and was buried, descended into hell, rose again from the dead on the third day, ascended into heaven and is seated at the right hand of the Father, who will come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.
3. The Nicene Creed: We believe in one God the Father Almighty, Maker of heaven and earth, and of all things visible and invisible. And in one Lord Jesus Christ, the only-begotten Son of God, begotten of the Father before all worlds, Light of Light, very God of very God, begotten, not made, being of one substance with the Father; by whom all things were made; who for us men and for our salvation, came down from heaven, and was incarnate by the Holy Ghost and of the Virgin Mary, and was made man; he was crucified for us under Pontius Pilate; and suffered, and was buried, and the third day he rose again, according to the Scriptures; and ascended into heaven, and sitteth on the right hand of the Father; from thence he shall come again, with glory, to judge the quick and the dead; whose Kingdom shall have no end. And in the Holy Ghost, the Lord and Giver of Life; who proceeded from the Father, who with the Father and the Son together is worshiped and glorified; who spake by the prophets. In one holy catholic and apostolic Church. I acknowledge one baptism for the remission of sins; and I look for the resurrection of the dead, and the life of the world to come. Amen.

How Bylaws and Business Plan are modified

Once the Business Plan and its Bylaws have been submitted by the Executive Director and are accepted and approved by the Board, the Business Plan and its Bylaws will be modified by vote in the board meeting.

Indemnification

Protection for board members and officers against legal liabilities. This needs to be looked into with legal counsel.

Finances & Marketing

Dissolution

Assets

Upon the dissolution of this organization, assets shall be distributed for one or more exempt purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code, or corresponding Section of any future federal tax code, or shall be distributed to the federal government, or to a state or local government, for a public purpose.

All decisions and deliberations for Doc Pratt Ministries must be made with this assets clause in mind. If DPM is still operating when I, as Executive Director of DPM die, what assets are DPM's and which are my heirs' inheritance? My heirs' inheritance needs to be protected as well as cover my care and provision until death.

DPM needs a 501c3 heir due to the lack of a parent nonprofit. (Example: If YWAM Akron dissolves, its assets probably go to YWAM International.) If item is worth less than \$_____, DPM's community get first dibs. Is this legal?

Lists of DPM's assets and current needs are in Appendix. For financial responsibilities, see **Finances** section above. All purchases made directly by DPM and all donations to DPM of items with "fair market price" are DPM's assets.

State of Ohio

Ohio 501(c)(3) Dissolution Requirements: Complete Guide

When a 501(c)(3) nonprofit organization in Ohio decides to dissolve, it must follow a comprehensive legal process involving multiple state and federal agencies. The dissolution requirements are governed primarily by Ohio Revised Code Chapter 1702 and involve specific notification procedures, asset distribution protocols, and regulatory compliance measures.

Board Resolution and Voting Requirements

The dissolution process begins with formal authorization from the nonprofit's governing body. Under Ohio's Nonprofit Corporation Law, the organization's voting members must authorize dissolution by adopting a resolution to dissolve. The voting generally must take place at a member meeting with advance notice provided to all members who would be entitled to vote. By default, approval requires a majority vote of the voting members present, though the articles of incorporation or regulations may specify different voting thresholds.

In cases where the nonprofit has no voting members, the board of directors can adopt the resolution of dissolution, but only under special circumstances such as bankruptcy, when substantially all assets have been sold at judicial sale, or with court permission. The resolution must specify that the corporation elects to be dissolved and include any additional provisions deemed necessary for the proposed dissolution and winding up.

Required Notifications and Agencies to Inform

Ohio Attorney General

Ohio nonprofits must notify the Ohio Attorney General's Charitable Law Section before dissolving. Organizations should contact the Attorney General at (800) 282-0515 to receive guidance on outstanding filings or fees required before dissolution. The nonprofit must submit a Final Annual Report and Asset Disposition Form, but this form cannot be submitted until all assets have been distributed in accordance with the organization's creating documents or to another charitable organization with a similar purpose.

Ohio Secretary of State

The organization must file a Certificate of Dissolution (Form 560) with the Ohio Secretary of State. This form includes detailed information about the corporation, its directors and officers, the statutory agent, and the manner of dissolution adoption. The filing fee is \$50, and the form must be notarized.

Ohio Department of Taxation

Nonprofits must submit Form D5 (Notification of Dissolution or Surrender) to the Ohio Department of Taxation at least 30 days prior to filing dissolution paperwork with the Secretary of State. While domestic for-profit corporations must obtain a Certificate of Tax Clearance, nonprofit corporations can use the affidavit method for dissolution. The form can be submitted online, by email to dissolution@tax.state.oh.us, by phone at (855) 995-4422, or by mail.

Internal Revenue Service (IRS)

The nonprofit must file a final Form 990 series return with the IRS, checking the "Final Return" box and answering "Yes" to questions about liquidation or termination. Organizations with less than \$50,000 in revenue file Form 990-N, those with less than \$200,000 file Form 990-EZ, and larger organizations file Form 990. Private foundations must file Form 990-PF marked as "Final". The final return must include detailed information about asset distributions and the termination process.

Employment-Related Agencies

If the nonprofit has employees, it must notify several additional agencies:

- Ohio Department of Job and Family Services: Contact the Bureau of UC Tax at (614) 466-2319 for verbal notice of dissolution and complete Form JFS 20110 (Disposition of Business)
- Ohio Bureau of Workers' Compensation: Submit written notification to cancel workers' compensation coverage, including the date of last employee and desired cancellation date

Public Notification Requirements

Ohio law mandates specific public notification procedures for dissolving nonprofits. Following the filing of the certificate of dissolution, the directors must publish a notice of voluntary dissolution once a week for two successive weeks in a newspaper of general circulation in the county where the principal office was located. Additionally, the organization must provide written notice of dissolution either personally or by mail to all known creditors and claimants.

For creditor notifications, the dissolving corporation must provide specific information including that claims must be presented in writing, the mailing address for submitting claims, a deadline of at least 60 days for claim submission, and notice that claims will be barred if not received by the deadline. The organization must also post this notice on any website it maintains and provide a copy to the Secretary of State for posting on the state's website.

Asset Distribution Protocols

Ohio nonprofits must distribute their assets in accordance with their governing documents or to other charitable organizations with similar purposes. The cy pres doctrine may apply in situations where the original charitable purpose cannot be fulfilled, allowing courts to direct assets to similar charitable purposes. The organization must provide detailed accounting of all asset distributions to the Ohio Attorney General, including the names and addresses of recipients and the nature and fair market value of distributed assets.

The Final Annual Report and Asset Disposition Form requires comprehensive financial information for the organization's final year of operation, including revenue, expenses, total assets, and liabilities at the date of dissolution. This form will not be processed if the organization still retains assets, emphasizing the requirement for complete asset distribution before dissolution approval.

Timeline and Processing Requirements

The dissolution process involves specific timing requirements that organizations must carefully follow. The Certificate of Dissolution must be filed within 30 days after adoption of the resolution, unless a different timeframe is specified in the resolution. The date of dissolution must be either the filing date or a later date not more than 90 days after filing.

For IRS requirements, the final return must be filed by the 15th day of the 5th month following complete liquidation, dissolution, or termination. Organizations must ensure all tax obligations are met and final returns are filed with both state and federal agencies before the dissolution is considered complete.

The comprehensive nature of Ohio's dissolution requirements reflects the state's commitment to ensuring proper oversight of charitable assets and compliance with regulatory obligations throughout the dissolution process.

This dissolution protocol was written by Perplexity A.I. in response to Amy Pratt's query on June 14, 2025: "What does the state of Ohio require when a 501c3 dissolves? Who should be informed and how? What protocols are required?"

The following are Perplexity's stated sources of this information:

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Federal

Additional Federal Requirements for 501(c)(3) Dissolution

Yes, there are several additional federal requirements beyond those listed in the previous response that 501(c)(3) nonprofits must consider when dissolving. These requirements span multiple federal agencies and regulatory frameworks.

Form 966 Corporate Dissolution Filing

One significant federal requirement not previously mentioned is Form 966 (Corporate Dissolution or Liquidation), which must be filed with the IRS. While exempt organizations are generally not required to file Form 966, there are exceptions for certain types of nonprofit corporations. The form must be filed within 30 days after adopting a resolution or plan to dissolve the corporation. This requirement applies to corporations that adopt a resolution or plan to dissolve or liquidate any of their stock.

Employment and Benefits Compliance

ERISA Plan Termination Requirements

If the dissolving nonprofit maintains employee benefit plans subject to the Employee Retirement Income Security Act (ERISA), additional federal compliance obligations arise. ERISA applies to virtually all private-sector employers that maintain welfare benefit plans for their employees, including nonprofit organizations. When terminating a retirement plan, organizations must:

- Amend the plan to establish a termination date and cease contributions
- Notify all plan participants and beneficiaries about the plan termination
- Provide rollover notices to participants and beneficiaries
- Distribute all plan assets as soon as administratively feasible after termination
- File any applicable final Form 5500 series return

COBRA Notification Requirements

Dissolving nonprofits with employees must comply with Consolidated Omnibus Budget Reconciliation Act (COBRA) requirements. Plan administrators must provide written notice of termination if a qualified beneficiary's COBRA coverage terminates before the end of the maximum coverage period. This notice must state why coverage was terminated early, the coverage termination date, and any rights the qualified beneficiary may have under the plan or applicable law.

WARN Act Compliance

The Worker Adjustment and Retraining Notification (WARN) Act may require advance notice to employees in cases of nonprofit dissolution. In addition to being the right thing to do, advance notice to employees may be required under the federal WARN Act and analogous state laws. Organizations should factor potential severance payments into their financial plan while being mindful of federal excess benefit transaction rules.

Federal Grant and Contract Obligations

Federal Grant Closeout Requirements

Nonprofits that have received federal grants must comply with specific closeout procedures governed by the Uniform Administrative Requirements (2 CFR Part 200).

Key requirements include:

- Reconciling actual expenditures against approved budgets
- Returning any unspent or disallowed funds within agency deadlines
- Submitting all required final reports
- Following termination and closeout procedures as specified in sections

200.340-342 and 200.343-345

Federal Contractor Reporting

Organizations that hold federal contracts must comply with Federal Acquisition Regulation (FAR) Part 49 requirements for contract termination. This includes specific duties for termination contracting officers and settlement procedures that must be followed.

Schedule N Reporting Requirements

Beyond the basic final Form 990 filing, dissolving nonprofits must complete Schedule N (Liquidation, Termination, Dissolution, or Significant Disposition of Assets). This schedule requires detailed reporting of:

- A description of the assets distributed
- The date of distribution
- The fair market value of the assets
- Names and addresses of recipients
- An explanation of asset valuation

Documentation and Record Retention

Federal law requires specific documentation to be maintained and submitted during dissolution. Organizations not required to file regular 990 forms (such as churches) must send a physical letter to the IRS TEGE Correspondence Unit with:

- Copies of all state dissolution documentation
- Meeting minutes confirming a vote of termination
- A list of final Board Members with daytime phone numbers
- A signed statement describing the final distribution of assets

Asset Distribution Compliance

Federal tax law requires that 501(c)(3) assets be distributed for exempt purposes within the meaning of IRC Section 501(c)(3). The dissolution clause in the organization's governing documents must comply with federal requirements, stating that "upon dissolution of this organization, assets shall be distributed for one or more exempt purposes within the meaning of IRC Section 501(c)(3), or corresponding section of any future federal tax code".

These additional federal requirements demonstrate the complexity of nonprofit dissolution and the importance of comprehensive compliance planning. Organizations should consult with legal and accounting professionals familiar with federal regulations to ensure all obligations are met during the dissolution process.

*Immediately following Perplexity's response as documented under **State of Ohio**, Amy Pratt submitted this query on June 14, 2025: "Are any other federal requirements not listed?" Perplexity's response was copy and pasted under **Federal**. These are Perplexity's stated sources:*

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Appendix A: DPM'S Public Documentation

990s for three years

None available yet.

Articles of Incorporation, EIN, 1023EZ, IRS Status Letter

Available on <https://docprattministries.org/downloadables>

Appendix B: Curricula & Resources

Coach Amy's Coaching Intake & Contract

Available on <https://docprattministries.org/downloadables>

Comprehensive Guide for The Six Dimensions of Health & Wellness

#DPM #DocPrattMinistries #T6DHW #Patreon #MembersOnly #Curriculum

Based on Doc Pratt Ministries' transformative curriculum, this comprehensive guide presents The Six Dimensions of Health & Wellness as a holistic framework designed to help individuals discover their God-given identity and calling while pursuing excellence through continual, incremental, intentional improvement. The curriculum integrates emotional, mental, physical, vocational, social, and financial wellness, empowering clients to align their passions, gifts, and values with their life purpose.

Foundation Week: Understanding the Framework

Session 1: Introduction to The Six Dimensions (Pratt, 2022)

- The Six Dimensions framework encompasses emotional, mental, physical, vocational, social, and financial wellness as interconnected areas of life
- Each dimension directly affects success in every other area, creating a holistic approach to personal development
- This isn't a one-time program but a recurring resource designed for revisiting every six months to a year for deeper insights
- The goal is pursuing excellence through continual, incremental, intentional improvement in all areas
- Life constantly changes, making regular assessment and adjustment essential for sustained growth

Session 2: The Four Stages of Wellness Assessment (Pratt, 2022)

- Desert Stage: Extremely lacking areas requiring immediate attention and intensive effort
- Overgrown/Malnourished/Neglected: Areas needing pruning and intentional care to restore health
- Surviving: Functioning adequately but with clear room for improvement and optimization
- Thriving: Areas requiring no immediate improvement, maintained through reliable systems and habits
- Use these stages to honestly evaluate where you currently stand in each dimension

Session 3: The Importance of Honest Self-Assessment

- Self-awareness forms the foundation of all wellness dimensions and personal growth (Pratt, 2022; 2)
- Knowing your personality traits, strengths, weaknesses, and unique values affects success in every life area
- Understanding yourself thoroughly is the key to overall health and wellness
- Personal identity development involves recognizing your belonging to socio-cultural groups while maintaining individual authenticity (18)
- Regular self-evaluation enables you to track progress and identify areas needing attention

Session 4: The Interconnected Nature of Wellness

- Physical health, emotional wellness, and mental health are deeply connected and influence each other
- Improvements in one dimension often create positive ripple effects in others
- Research shows the body keeps score of emotional and mental experiences, affecting physical health
- Your emotional state impacts your ability to make sound financial and career decisions
- Social relationships can either support or undermine progress in all other wellness areas

Emotional Wellness Week

Session 5: Building Strong Personal Identity

- Develop a comprehensive understanding of your personality traits, strengths, and weaknesses
- Identify your core values and how they guide your decisions and relationships
- Recognize unique qualities that distinguish you while connecting you to your community
- Practice positive self-concept development by acknowledging your competence and characteristics (18)
- Create space for regular self-reflection to deepen your self-awareness over time

Session 6: Emotional Recognition and Management

- Learn to view emotions as dashboard indicators providing valuable information about your inner state
- Practice identifying and defining emotions in the moment rather than reacting unconsciously
- Develop proactive measures for emotional wellness instead of haphazard reactive responses
- Understand that emotional awareness enables better decision-making across all life dimensions
- Build skills in emotion recognition to improve relationships and personal effectiveness (3)

Session 7: Spiritual Wellness Integration

- Explore how spiritual practices contribute to overall emotional and mental health
- Consider participating in discipleship programs or spiritual growth communities that align with your beliefs
- Integrate resources like Bible study, meditation, or other spiritual practices into your routine
- Recognize how spiritual wellness provides meaning and purpose that supports other wellness dimensions
- Develop practices that connect you to something greater than yourself for sustained motivation

Session 8: Developing Emotional Resilience

- Build positive attitudes and resilience to navigate life's inevitable challenges and setbacks (18)

- Practice developing confidence in carrying out daily tasks and pursuing larger goals (18)
- Cultivate a positive view of yourself while maintaining realistic expectations (18)
- Develop autonomy and choice in how you respond to emotional situations (18)
- Create healthy coping strategies that support long-term emotional stability and growth

Mental Health & Habits Week

Session 9: Choosing a Life of Inspirational Influence

- Begin personal transformation by starting within and gaining solid emotional and mental footing
- Consider external influences carefully, choosing those that support your growth and values
- Plan for sustenance by developing systems that maintain your mental health over time
- Build your support team with people who encourage and challenge your growth
- Understand that living with inspirational influence requires intentional daily choices and habits

Session 10: The Power of Atomic Habits

- Focus on small, incremental changes that compound over time rather than dramatic overhauls (6)
- Design effective systems and environments that support positive behavior automatically (6)
- Understand that success depends more on good systems than willpower alone (6)
- Apply the Four Laws of Behavior Change to create lasting habit transformation (6)
- Remember that getting 1% better daily leads to being 37 times better over a year (6)

Session 11: Building Systems Over Goals (6)

- Recognize that goals are about results you want, while systems are the processes that lead to those results
- Focus on your system for improvement rather than just setting ambitious goals
- Understand that you don't rise to your goals, you fall to the level of your systems
- Create identity-based habits by deciding who you want to become, then proving it with small wins
- Design your environment to make good habits obvious and bad habits invisible

Session 12: Cognitive Health and Brain Care

- Focus on feeding your brain with quality inputs to keep it agile, strong, and resilient
- Engage in learning activities that challenge your mind and promote neuroplasticity
- Practice mental exercises, reading, and problem-solving to maintain cognitive sharpness

- Limit exposure to negative media and toxic information that drains mental energy
- Develop habits that support mental clarity, focus, and sustained cognitive performance

Physical Health Week

Session 13: Nutrition and Glucose Management (8)

- Apply Glucose Revolution principles by eating meals in the correct order: fiber, protein/fats, then starches/sugars
- Implement simple strategies like having veggie starters to reduce meal glucose spikes
- Choose savory breakfasts with protein as the centerpiece rather than sweet options
- Use one tablespoon of vinegar before sweet or starchy meals to reduce glucose spikes by up to 30%
- Focus on whole foods and avoid counting calories while emphasizing food quality and timing

Session 14: MIND Diet Implementation (7)

- Prioritize brain-healthy foods including leafy greens, berries, nuts, whole grains, and olive oil
- Aim for six or more servings of green leafy vegetables per week for cognitive protection
- Include berries at least twice weekly for their antioxidant benefits
- Consume fatty fish at least once weekly for omega-3 fatty acids that support brain health
- Incorporate beans into at least four meals weekly for sustained energy and nutrition

Session 15: Movement and Exercise Joy

- Embrace childhood basics of movement: just move and have fun while caring for your body
- Focus on playful movement rather than rigid exercise routines that feel like punishment (9)
- Return to creative exploration of movement like climbing, jumping, and varied physical activities (9)
- Incorporate 10 minutes of movement after meals to reduce glucose spikes (8)
- Remember that you only get one body, so treat it with care and enjoyment

Session 16: Medical Navigation and Body Awareness

- Learn to navigate the medical world effectively without becoming a hypochondriac
- Understand connections between physical health, emotional wellness, and mental health
- Practice body awareness by paying attention to how emotions affect physical sensations
- Use evidence-based resources and peer-reviewed research to make informed health decisions

- Develop a proactive rather than reactive approach to your physical health and medical care

Vocational Wellness Week

Session 17: Discovering Your Calling

- Use StrengthsFinder 2.0 to identify your natural talents and areas of greatest potential (11)
- Explore how your skills, values, academic gifts, and spiritual gifts align with your passions
- Understand that your calling emerges from the intersection of your talents and what the world needs
- Recognize that talent themes are unique to you, with over 33 million possible combinations
- Focus on developing your top talent themes rather than trying to fix weaknesses (11)

Session 18: The Proximity Principle for Career Growth (12)

- Position yourself near the right people and places to accelerate career development
- Identify five key relationships: Professors, Professionals, Mentors, Peers, and Producers
- Understand that proximity to opportunity and influential people creates unexpected career advancement
- Start where you are and maximize your current position while planning strategic moves
- Go where you can learn, practice, perform, and grow in your desired field

Session 19: Career Seasons and Transitions

- Reject the myth that you must choose one lifelong career path in high school or college
- Understand that life has natural seasons that provide space for career shifts and growth
- Recognize when your current role no longer aligns with your values, strengths, or life stage
- Plan strategic career transitions rather than making reactive job changes
- View career evolution as a normal part of personal development rather than failure or instability

Session 20: Integrating Calling and Career

- Understand that calling and career may or may not be the same thing, and both scenarios are valid
- Recognize that your job is much more than just a means to pay bills
- Find ways to express your calling through your career, volunteer work, or side projects
- Use insights from other wellness dimensions to guide career decisions and workplace satisfaction
- Create alignment between your work and your deeper sense of purpose and values

Social Wellness Week

Session 21: The Three Levels of Intimacy

- Cultivate an innermost circle of 1-3 people who know you deeply and support your growth
- Build a crew of approximately 12 people who provide regular social connection and mutual support
- Participate in a larger community where you belong and can contribute meaningfully
- Understand that introverted, extroverted, and ambiverted personalities all need these connection levels
- Balance giving and receiving support across all three intimacy levels for optimal social wellness

Session 22: Improving Communication Skills (13)

- Apply principles from “Why Don’t We Listen Better?” to strengthen relationship communication
- Practice reflective listening by repeating back what you hear and checking for understanding
- Ask open-ended questions that encourage deeper sharing and connection
- Avoid jumping to conclusions, rushing to judgment, or giving unwanted advice
- Use effective interpersonal communication to build trust and resolve conflicts constructively (Pratt, 2022)

Session 23: Relationship Seasons and Boundaries

- Accept that relationships naturally ebb and flow through life seasons by design or necessity
- Learn when to invest in cultivating relationships and when to allow natural endings
- Apply healthy boundaries to protect your energy and maintain relationship quality (14)
- Practice making “necessary endings” when relationships become more harmful than helpful (14)
- Understand that some relationships need to end for personal growth to continue (14)

Session 24: Building Community and Connection

- Actively seek like-minded community that facilitates connection, personal growth, and service opportunities
- Participate in family-style social gatherings and community events that align with your values
- Balance individual growth with community contribution through servant leadership
- Create opportunities for meaningful connection beyond surface-level social interaction
- Recognize your role in fostering the type of community you want to be part of

Financial Wellness Week

Session 25: Creating Your Money Plan

- Establish, practice, and maintain a personalized financial plan that serves your desires and goals (15)

- Follow proven systems like Financial Peace University for debt elimination and wealth building
- Create a budget that aligns with both short-term needs and long-term aspirations (15)
- Implement regular review and refinement of your financial plan as circumstances change (15)
- Focus on building systems that automate good financial decisions and reduce money stress

Session 26: Visualizing Your Financial Horizon

- Use visual tools like whiteboards and colorful markers to dream about ideal horizon-level goals (16)
- Create a financial vision board that represents your specific monetary aspirations (16)
- Set actionable steps that break down big financial goals into manageable monthly targets (16)
- Study resources like “Everyday Millionaires” and “Retire Inspired” for wealth-building strategies
- Display your financial vision where you’ll see it daily to maintain motivation and focus (16)

Session 27: Comprehensive Retirement Planning

- Understand that retirement involves much more than just good financial planning
- Consider how you’ll spend your time, maintain relationships, and find purpose in retirement
- Plan for health, housing, healthcare, and legacy goals beyond just accumulating money
- Start retirement planning early, regardless of your current age or financial situation
- Integrate retirement planning with other wellness dimensions for a holistic approach to aging well

Session 28: Money Mindset and Values Alignment

- Examine how your values and life goals should drive your financial decisions
- Develop a healthy relationship with money as a tool rather than an end goal
- Practice gratitude and contentment while still pursuing financial improvement
- Understand how financial stress affects your emotional, mental, and physical health
- Create financial habits that support your overall wellness rather than undermining it

Integration Week

Session 29: Assessing Your Progress

- Conduct an honest assessment of your current stage in each of the six wellness dimensions
- Identify which areas are thriving, surviving, neglected, or in desert stage
- Prioritize the dimensions that need immediate attention while maintaining areas of strength

- Create specific action plans for moving from your current stage to the next level in each dimension
- Schedule regular check-ins to monitor progress and adjust strategies as needed

Session 30: Creating Your Ongoing Wellness Plan

- Design a sustainable system for revisiting the Six Dimensions curriculum every six months
- Establish habits and routines that support continued growth in all wellness areas
- Build accountability partnerships or coaching relationships to maintain momentum
- Plan how you'll adapt your wellness strategies as life circumstances change
- Commit to the journey of pursuing excellence through continual, incremental, intentional improvement

This 30-day content framework provides a comprehensive foundation for understanding and implementing The Six Dimensions of Health & Wellness. Each lesson builds upon previous concepts while offering practical strategies for holistic personal development and sustainable life improvement.

Appendix C: The O.G. Doc Pratt's bio

Things to remember about how I got to this point to start the nonprofit:

A. When Dad died, I had a strong sense that his mantle had been passed to me. Had NO idea what that meant but believe it was for now. Dad's ministry is nearly 1:1 mine, except PhD instead of MD and therefore coach instead of physician.

B. God has instructed me to tell His stories. Not just straight from the Bible, but the stories of what He has done in my life.

C. God also instructed me to write Create Space and Mind-Full Gardening, on top of T6DH&W. These will become educational resources and curriculum to teach/coach from within the nonprofit.

D. When Trellis initiated a conversation about who my "Paul" is - as in, "follow me as I follow Christ" - I realized Dad is my Paul. Hebrews 13:7 - "Remember your leaders who have spoken God's word to you. As you carefully observe the outcome of their lives, imitate their faith."

Contact Info

DocPrattMinistries.org
DocPrattMinistries@gmail.com

CoachAmyPratt.com
CoachAmyPratt@gmail.com

YouTube @CoachAmyPratt

AmyCPratt.com AmyCPrattPhD@gmail.com

Amy C. Pratt, M.A.
Executive Director, DPM

Brianne Gilliland
Chief Compliance Officer, DPM
Board of Directors

Stephanie Billups
Chief Creative Officer, DPM
Board of Directors