

Reginald Blackmon (Charlotte MAR '10, M.Div. '12)



“After my call to ministry, Gordon-Conwell was the perfect place for me to grow educationally, spiritually, professionally and personally. I took advantage of every opportunity Gordon-Conwell offered in the fulfilling of my calling.”

Current Title: Owner/Life Coach of Mind Heart and Spirit; Associate Minister at Friendship Missionary Baptist Church, Charlotte NC; Nationally Certified Personal Trainer

Family: Married for 42 years to Cynthia, my high school sweetheart. We were 15 and 16 when we began dating, and we got married my junior year at UNCC. We have three sons: Reginald Jr., Nicholas and William, two daughters-in-law and a third one coming very soon. We have three awesome grandchildren.

Favorite Professors: Dr. Tim Laniak and Dr. Syd Bradley

Favorite Classes: Urban Ministry with Dr. Laniak; Counseling with Dr. Bradley

Favorite Memory: Being the President of the Student Council. One of the highlights of my experience as President was when the Student Council persuaded the faculty to allow the ministry students the opportunity to practice preaching during chapel as part of their preparation, growth and development.

What have you been doing since you left Gordon-Conwell?

I served four years as the associate pastor at First Missionary (Concord, NC) with Dr. Herb Rhedrick, who is also a Gordon-Conwell graduate. I was the Minister of Finance and Budgets. I counseled couples, wrote and created a 501C non-profit for ministry outreach and chaired the church's capital campaign. At the same time, I was also a pastoral counselor for Presbyterian Counseling Center for seven years. For 15 years until COVID-19, I was also a Nationally Certified Personal Trainer for the YMCA.

What are you doing now?

Almost eight years ago, God led me to open Mind Heart and Spirit, a successful life coaching practice. I have been blessed to coach pastors, doctors, surgeons, businessmen and women, NFL players, national celebrities, couples, individuals and children dealing with life challenges. I have coached people from all racial and ethnic groups, religious backgrounds and denominations. I have performed wedding ceremonies for some of my clients and conducted funerals for a few of their relatives. I am also currently an Associate Minister at Friendship Missionary Baptist Church of Charlotte where I am in the preaching rotation, Spiritual Leader for the Brotherhood Ministry, Praying

Disciples Ministry and perform other ministry duties. I have had the opportunity to preach in South Africa and practice ministry in Jamaica and Mozambique.

How has God woven together your Gordon-Conwell education with other life events to bring you to where you are now?

Without question, God is the center of all that I do, and he has integrated all of my educational and business experiences. I utilize my business degree from UNCC and my two master's degrees from Gordon-Conwell in my daily ministry walk. Preaching the gospel, coaching clients and living within his will is what is important to me. It is as simple as this: God led me to Gordon-Conwell to obtain a broader knowledge of the gospel and of life. My personal life experiences and religious studies help me relate to my clients.

How has your Gordon-Conwell education served you in your past and current work?

Gordon-Conwell gave me the in-depth academic training, biblical knowledge and counseling skills I need to be an effective life coach and minister. I integrate spirituality and psychology when working with individuals and couples seeking spiritual and practical solutions to their life challenges. As part of my degree requirement, I was the first counseling intern at Novant Presbyterian Hospital. I trained in the emergency room in Concord. In addition, having worked with Dr. Steve Kilpowicz, learning the power of spiritual formation provided a great foundation for personal and professional balance in ministry.

What has been Gordon-Conwell's biggest impact/influence?

Having obtained an Urban Ministry Certificate and two master's degrees—the Master of Divinity (2012) and Master of Arts in Religion (2010) with a concentration in Counseling has been a game changer for me in this new and ever-changing world.

What piece of advice would you give to young alumni who are just entering the working world?

Make your education work for you. Don't settle for just having obtained a master's or doctoral degree. The world is full of people with degrees; however, there are always those who climb to the top of every field. Deepen your relationship with God so that you can strive to be among them. At the very least, deepen your relationship with God so that he can fully use you, wherever you are and in whatever you are doing. For God said in Jeremiah 29:11, "I know the plans I have for you, plans to prosper you and not harm you, plans to give you hope and a future."

Do you have any links you'd like to share?

I have two websites, one for my practice: <https://mindheartandspirit.com/>, and a Nutritional Website: shopneolife.com/reginaldblackmon. You can also find me on the [Psychology Today website](#).