



## Exploring God's Design For Your Life

*Our mission is helping Christians  
embrace the transformational power  
of authenticity to improve themselves  
and the lives they touch.*

**Organization:** Five leaders per table

### **8:00 Introductions**

#### **8:10 Understanding Your Interpersonal Style**

Goal: Attendees complete Interpersonal Style assessment.

Identify the four interpersonal styles as well as understand how to best relate to each of them. This exercise will also serve to provide an early connecting experience for the attendees and identify a key inhibitor to social fitness – communication with different styles and how to relate to them.

### **9:15 Break**

#### **9:25 Introduction to the Seasons of Growth & the True Growth Model**

Goal: Clear understanding of the four “Seasons of Growth” and True Growth models and their benefits to a Christian and their place of worship; tie models into “Full Engagement”.

Exercises: Attendees assess what Season of Growth they are currently in by taking the Seasons of Growth and Energy assessments; openly share at table.

#### **10:25 Exploring the Behavioral Competencies of an Authentic Person**

Goal: Clear understanding of the definition of authenticity and the characteristics of an authentic person of faith. Reinforces the need for an authentic Christian to possess clarity of purpose (Calling), conviction of values (Character), and consistency of behaviors (Conduct).

**11:05 Break**

**11:15 Journaling (Self-reflection) (Tab 3)**

Goal: Introduce the principles and value of journaling for self-reflection and identification of obstacles to personal growth. Each participant will receive a personal journal, and a series of questions focused on challenges we face that inhibit spiritual growth.

**11:30 Journal Zone**

Goal: Participants practice journaling by responding to a specific question cued to life balance (physical, mental, emotional, and spiritual). This provides an opportunity to practice journaling and self-reflection.

**11:40 Lunch (on site)**

**12:30 Values- The Core to Your Success**

Goal: Numerous case studies presented of value driven and value vacuum people. Attendees understand the value of possessing clear personal values.

**1:10 Values Exercise:** Leaders work within a framework to identify five personal core values; openly share at table.

**1:30 Break**

**1:40 Journal Zone**

**1:45 Behaviors- Bringing Your Values to Life**

Goal: Understand the value and benefits of exercising a set of behaviors to put values into daily practice.

Exercise: Attendees identify one personal behavior for each personal value; dialogue with table group.

**2:30 Your Life Story- Looking into Your Rear-view Mirror -**

Goal: Understand the crucibles in our lives that mold our values and behaviors.

Exercise: Attendees identify at least three crucibles in their lives and their impact. A personal “life story” graph is drafted. Emphasis is placed on the power of sharing one’s story with others.

### **3:15 Break**

### **3:25 Your Personal Purpose- Your Guiding Light**

Goal: Emphasize the value of living with a purpose and the challenge to focus one’s life in order to leave an enduring and satisfying legacy. Discuss how to frame a future “life story”.

Exercise: Attendees draft their Personal Purpose and share it with others.

### **4:05 Journal Zone**

### **4:10 Action Planning**

Goal: Present the principles of action planning; provide action planning examples.

Exercise: Attendees draft a personal action plan and select an “Kindred Spirit Accountability Buddy” to work with for the next three months.

### **4:50 Closing**

Goal: Attendees depart the seminar with their own True Growth Model (purpose, values, and behaviors); first draft of a life story graph; a personal action plan; and “homework” to prepare a professional action plan if applicable.

### **5:00 Session Ends**

**Fee: \$150 per attendee (minimum of 10) plus travel expenses for facilitator. The fee includes presentation as well as materials for up to 30 attendees.**