

## **GrowthSkills Workshops – FAQ's**

*GrowthSkills workshops are a 5 day growth experience. Each of these workshops is intended to accelerate growth and help the attendee overcome obstacles to their success. The workshops include lecture presentations by Dr. Henry Cloud and Dr. John Townsend and guest lecturers. Facilitated process groups are a fundamental part of all the workshops. Please visit the individual workshop pages to understand the difference between these experiences.*

### **What is included in the registration fee?**

The registration fee includes lodging for 5 nights – Sunday through Thursday nights, most meals and all workshop materials. The hotel provides shuttle service from Orange County airport. Once you register, we provide a Welcome Packet with Airport, Rental Car and Shuttle information.

### **Where does the workshop take place?**

The workshops are held at the Ayres Hotel & Suites in Costa Mesa, California. Feel free to visit their website. [www.ayrescostamesa.com](http://www.ayrescostamesa.com)

### **Which airport is closest to the workshop?**

The closest airport is John Wayne Airport/Orange County (airport code SNA) which is about 1 mile from the hotel. Ayres Hotel provides shuttle service from the Orange County airport to the hotel. Long Beach airport (LGB) is approximately 21 miles north and Los Angeles Airport (LAX) is approximately 41 miles north. San Diego Airport is approximately 86 miles south of the hotel.

### **What if I want to stay longer or arrive earlier?**

Your registration covers lodging from Sunday afternoon through Friday morning. If you wish to add more time to your stay, please let our office know. When there are rooms available, Ayres will do their best to accommodate you at a reduced rate. The earlier you register, the more likely you'll be able to add days to your stay.

### **How can I register? How long does the registration process take?**

Registration can be done online or by phone.

To submit your registration [Click here](#)

If you choose to register online, we will call you to complete the brief interview.

We also welcome your phone-in registration. Feel free to call us at 949-660-0866  
The phone registration process will take approximately 15 minutes to complete.

### **Can I make payments toward the registration fees?**

Depending on when you register, payments can be made in two or three installments.

Payment plans are as follows:

If you register up to three months in advance of the workshop – you can pay half of the registration, with your final payment being due one month prior to the workshop.

If you register over three months in advance – you may choose to make two or three equal payments, with your final payment being due one month prior to the workshop.

### **How many people generally attend this workshop?**

We intentionally take only a small number of attendees at each workshop. Our attendance is limited to a maximum of 48 people.

### **What is the length of the workshop?**

The workshop is 5 days. Hotel check-in takes place on Sunday, after 3:00 PM. The workshops begin early Monday morning and conclude Friday at approximately 12:00 PM.

### **Should I rent a car for the week?**

That is completely up to you! You have free time some evenings and might want to rent a car if you're planning to visit any of the nearby scenic attractions. However, many of our attendees take the hotel shuttle from the airport (Orange County/John Wayne airport only) and stay put for the week. We include shuttle information in our Welcome Packet.

### **If I live in Orange County or have another option for lodging, should I stay at the hotel?**

Staying onsite *enhances the overall experience* of the workshops for several reasons:

- It allows you to *focus 100%* on yourself and your own growth experience, something you rarely can do in the course of everyday life. Unlike home, there are no distractions to draw you away from your goal of personal and spiritual growth.
- You will be able to *participate more fully* in the workshop when you don't have to leave at the end of each day for your home or other lodging. A good deal of meaningful conversation takes place outside of the structure of the workshop schedule, which can lead to a greater awareness of the issues affecting your personal life and leadership. The more time you spend with one another, the better your team members are able to give you insightful feedback.
- You can be more emotionally present in the process when you unplug from the distractions of everyday life that will tug at you; distractions such as traffic, voice mails, snail mail, to name only a few. At home, family and friends are used to having immediate access to you and will want to interact with you. All of these distractions draw you away from what you are discovering and experiencing; the result is a diminished experience.
- You will be more likely to *hear from God* as you eliminate all of the outside noise and distractions that can so often drown out His voice.

### **Can I bring along family members who are not attending the workshop?**

We strongly discourage attendees from doing so, for all of the reasons listed above. This is a week to focus on *your* growth, and we have learned from past experience that the presence of family members during this process will distract you and lessen the impact of the workshop. Additional deposit charges for non-attendees will apply; contact our office for current fees.

### **Are there discounts/scholarships available?**

We may be able to offer a small discount to those who need financial assistance to offset the cost of the workshop.

### **Can you accommodate my special needs?**

When we take your application, we will ask if you have any dietary restrictions or physical limitations.

Dietary: Ayres Hotel prepares healthy and nutritious meals; and they try to accommodate a variety of dietary restrictions. We inform the kitchen staff when we have individuals in our group who have some special dietary needs. However, we ask that you identify yourself to the kitchen staff at your first meal. The kitchen can prepare vegetarian options for those who specified that when registering. Recently, some attendees have mentioned that they eat a gluten-free diet – either by choice, or due to severe gluten allergies. Gluten is a hidden ingredient in many foods, so it would be impossible for a kitchen that prepares meals for a large group to meet strict gluten-free requirements. We recommend you bring snacks that will meet your dietary restrictions.

Physical: Ayres Hotel & Suites is wheel chair accessible.