

Overview of Similarities & Differences between Ultimate Leadership, Empower Now, and One Week Intensive

Similarities of the structure of the workshops include:

- 5 days – Starting Monday morning and ending Friday at 11:45 AM
- 8 interactive teaching session;
- 10 process groups led by highly trained professional facilitators
- Empower Now - 9 Process Groups
- Personal action plan completed with the input of your team.

Benefits which are consistent across the three workshops include:

- Awareness of specific growth obstacles, and their effect on your personal, professional, and spiritual life
- Gain new information, skills, and experiences which will give you the ability to overcome those obstacles
- Improve your emotional intelligence (EQ), and communication skills, including your ability to effectively handle conflict
- Increase your understanding of the connection between spiritual principals, brain science, and psychology.

The primary difference between the workshops is the lecture topics. The topics during the eight teaching sessions include the following:

- Lectures for Ultimate Leadership (“UL”):
 - Focus on character & how it is developed, and can interfere with us reaching our full potential
 - Provide awareness of unhelpful patterns of behavior
 - Help a person acquire additional skills, practices, and knowledge needed to lead people effectively
 - Impart practical tools to improve leadership abilities
- Lectures for Empower Now (“EN”):
 - Focus on thinking patterns & how they help or hinder us, and how to effectively change how we think
 - Provide new information, skills, and energy to improve how you approach life
 - Increase problem solving abilities
 - Focus on achieving personal goals, and learn skills to maximize success
- Lectures for One Week Intensive (“OWI”):
 - Focus on Drs. Cloud and Townsend’s unique, biblically based therapeutic model
 - Designed specifically for psychologists, therapists, pastoral counselors, lay counselors, medical professionals, and those in other helping roles
 - Certain licensed professionals can receive CEU’s
 - Provides insight and skills to identify, and help treatment resistant clients
 - Increases understanding of experiential group dynamics

When considering which workshop is right for you, please think expansively. For example, if you are a counselor, OWI might be the right workshop for you. However, many counselors have benefited greatly from attending UL and EN. Also, many people attend one workshop, and then attend another workshop, or the same one, several years later when they have reached a new season of life. New seasons often bring new challenges and require new skills to meet those challenges and succeed.