



## **Three unique 5-day intensive workshops offered by GrowthSkills Foundation**

**now including our virtual event *Facing Challenges Well***

***In person workshops are conducted by***

**Dr. Henry Cloud and Dr. John Townsend**

### **Ultimate Leadership – One Week Intensive for Counselors – Empower Now**

For over 20 years, Dr. Henry Cloud and Dr. John Townsend – clinical psychologists and NY Times Best Selling Authors – have used their growth model in workshops, treatment clinics, books, radio, and within the corporate and leadership coaching world. Millions have been helped to reach their full potential, resolve career problems, relational struggles, depression, anxiety disorders, addictions, character disorders, and family dysfunctions.

Each of these workshops are designed for Leaders, Counselors and anyone interested in reaching their full potential. All three workshops include:

- Lectures by Drs. Henry Cloud and John Townsend along with other qualified instructors
  - Process groups throughout the week led by highly skilled facilitators with your assigned team
  - A Personal Action Plan segment to help you create a practical plan for growth after the workshop
  - An opportunity to continue your growth work with your team and a GSF approved Coach (Growth365)
  - 5 nights lodging at the Ayres hotel in Costa Mesa, California, most meals, and all materials
- \*Workshops start Monday morning with a Sunday night check-in and a Friday mid-morning wrap up

*The primary difference between the 3 workshops is the content of the lecture topics.*

[Ultimate Leadership](#) focuses on the character issues that are affecting how we work and relate to others. These learned behaviors are affecting both our personal and professional relationships. Who we are on the inside affects everything we do and how we interact with the people in your area of influence. The result is often not what we desire but because of “blind spots” and unresolved patterns we can’t change on our own. Designed for those in a leadership role, Pastors, ministry & non-profit leaders, business owners, managers etc.

[One Week Intensive](#) teaches a growth model that focuses on the whole person and not on symptoms alone. Attendees learn how to use differential diagnostics to identify character issues driving psychological disorders, treatment interventions and techniques to further growth and solve treatment resistant issues that hinder growth. CE’s are available for qualified individuals through the AACC. Designed to help those in helping roles be more effective, therapists, lay counselors, mental health professionals, coaches.

[Empower Now](#) is designed to help individuals “think” about their thinking, how it affects them and the choices they make. They will identify and challenge self-limiting beliefs keeping them from achieving what they desire to accomplish. This workshop provides new information and skills designed to improve problem solving abilities, eliminate negative attitudes and learn how to set practical goals. Special individual and team activities reinforce new knowledge. Designed for anyone that wants to change faulty thinking and achieve specific goals.

[Facing Challenges Well](#) is a virtual event designed to sharpen your skills and help you gain a deeper understanding of the issues you may be facing during Covid19. To meet that need we have developed a virtual experience for you. You will learn new growth content designed to help you navigate these challenging times. Online Process Groups are offered as part of this experience. Participating in both the learning and the experiential aspect will help you dive deeper into your own growth. Lecture presenters vary by date.

*Registration fee for Ultimate Leadership and The One Week Intensive: \$2950. Fee for Empower Now: \$2350. Fee for Facing Challenges Well: \$25 (fee may vary depending on presenters). Additional fee for Process Groups \$125*

*In person events are suspended while Covid19 restrictions are in place*

For information on how to register, call 1-949-660-0866 or email [Debra@growthskills.org](mailto:Debra@growthskills.org)

Please visit [GrowthSkills.org](http://GrowthSkills.org)