



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

***In person workshops are conducted by Dr. Henry Cloud and Dr. John Townsend***

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

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 is 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.
- Individual and Team activities designed to increase awareness and accelerate growth.
- 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 late-morning wrap up

*The primary difference between the 3 workshops is the content of the lecture topics. A brief description of each workshop is included.*

[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 cannot change on our own. New information combined with new experiences and relational connections brings about significant change. Designed for those in a leadership role, Pastors, ministry & non-profit leaders, business owners, managers etc.

[Empower Now](#) is designed to help individuals “think” about their thinking, how it affects them and the choices they make. Attendees will focus on a variety of common thinking patterns that drive behavior. 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 eliminate negative attitudes and learn how to set practical goals. Individual and team activities reinforce new knowledge. Designed for individuals from all occupations, business owners or managers, ministry leaders, those in transition or who desire to identify their life’s mission and anyone that wants to change faulty thinking and achieve specific goals.

[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. Designed to help those in helping roles be more effective, therapists, lay counselors, mental health professionals, coaches. *Currently applying for CE authorization.*

*Registration fee for Ultimate Leadership, The One Week Intensive and Empower Now is: \$2950.*

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)