



# Emotional Freedom Online Workshop Information

Have your emotions been running your life? Are you unable to move forward no matter how much you try or want to? Are unhealthy patterns of behavior impacting your ability to live a full life? The struggle is real and yet there is hope for a better future!

The Emotional Freedom Workshop can be the beginning of changing the trajectory of your life. At the workshop you will understand the role and power of your God-given emotions; dive into specific emotions that creep up and derail your life; learn how traumatic events impact your present; and begin to live life with God's freedom.

With the guidance of a credentialed New Life Network Counselor, you will outline a plan to healing your mind, body, spirit and relationships.

## ***Who Should Attend***

Anyone who is stuck in guilt, shame, depression, procrastination, unhealthy relationships or the past. Those who feel like they are in a rut but desire something more from life. Those looking for direction and wanting to experience a full and free life.

## ***You'll Learn About***

- The Power of Our Emotions
- Guilt & Shame
- Codependency
- Depression
- Procrastination
- Unhealthy Relationships
- Trauma

## ***Cost and Value***

- 8 teaching sessions
- 5 small group process sessions facilitated by a credentialed New Life Network Counselor
- 4 weekly phone coaching sessions following the workshop
- Registration Rate: \$400 per person



## ***Format & Requirements***

The workshop will be held through the use of online video conferencing. Attendees must have:

- A computer or tablet with audio and video capabilities
- An internet speed sufficient for live stream video (Please note New Life is not responsible for any technical issues with your device and no refunds will be given should your device not be able to adequately stream this workshop.)
- A private room where you will be able to focus on the content being presented and interact with your fellow group members with no distractions

## ***Process Groups***

All workshop attendees participate in general sessions then break out into process groups. In the groups, facilitated by a New Life Network Counselor, you will process the information presented in the main sessions. You will have an opportunity to connect and share with the group your story and create a plan for when you go back into your daily life. There is a ratio of one counselor for every eight to ten attendees

## ***Registration***

You may register by going to [newlife.com](http://newlife.com) or calling 800-NEW-LIFE (639-5433). Please register early. We have limited space. Registrants must be at least 18 years of age.

## ***Cancellations***

If you cancel, you'll receive a refund of the amount you've paid minus a \$100 administration fee per person. If you no show for the workshop, no refund will be given.

## ***Health Insurance Coverage***

Unfortunately, insurance companies do not reimburse for programs like this. You may be able to consider the cost of the workshop as a deductible medical expense for federal tax purposes. The IRS does not make specific rulings about the tax-deductibility of a particular program, so please check with your tax advisor.

## ***Speaker – Steve Arterburn***



Steve is the founder and chairman of New Life Ministries and host of the #1 nationally syndicated Christian counseling talk show, *New Life Live!*, heard and watched by over 2 million each weekday on over 150 radio markets nationwide, SiriusXM Satellite radio, and on NRBTv. Steve is also the founder of the Women of Faith conferences attended by over 4 million people.

Steve is a best-selling author of books such as *Every Man's Battle*, *Healing Is a Choice*, *Lose It For Life* and *Take Your Life Back*. With over 80 million books in print, he has been writing about God's transformational truth since 1984. He has been nominated for numerous writing awards and won three Gold Medallions for writing excellence. Along with Dave Stoop, he edited *The Life Recovery Bible*.



Steve has degrees from Baylor University and The University of North Texas, as well as two honorary doctorate degrees, and is currently completing his doctoral studies in Christian Counseling. He resides with his family in Carmel, Indiana.

***Speaker – Chris Williams***



Chris is a licensed Marriage and Family Therapist. He received his M.A. in Marriage and Family Therapy from Hope International University where he also served as Director of Spiritual Formation for 5 years and is currently an adjunct professor. He has experience serving individuals, couples and families struggling with mental health disorders, addiction, trauma and relational challenges. He also works with treatment industry leaders and teams as a consultant and coach. He has become a highly sought after specialist in the treatment of complex trauma and multiple addictive

issues. He strongly believes in a holistic approach to understanding the biological, psychological, relational and spiritual factors that impact people and their functioning.

Chris loves playing basketball, golfing and playing with his two young boys. Chris’ most important and rewarding role in his life is husband to his wife and father to his two boys. He loves spending time with his family and lives in Orange County, California.

***Schedule***

Time				
PT	MT	CT	ET	
7:00 AM	8:00 AM	9:00 AM	10:00 AM	Beginning of Day
6:30 PM	7:30 PM	8:30 PM	9:30 PM	End of Day

