

MINISTRY COACHING

R ³ REVITALIZE
BREAK FREE

Mini-Christian Ministry Coaching Series

On Demand
Class Information



Enrollment:	<i>On Demand</i>
Christian Coaching 2 Month Mini-Ministry Coaching Series.	Two Ways to Participate \$50.00 Digital Content Only \$215.00 3: One-On-One Support Calls + Digital Content
Coach	Katie Hindahl <ul style="list-style-type: none">• National Board Certified Health and Wellness Coach• Certified Success Principle Trainer• Certified Quantum Success Coach• Christian Coach• Nearly a decade of experience in behavioral health coaching• Over fifteen years of studying human behavior
<i>The Signature Course</i>	
Content & Lesson Titles	Refer to the class content and syllabus.

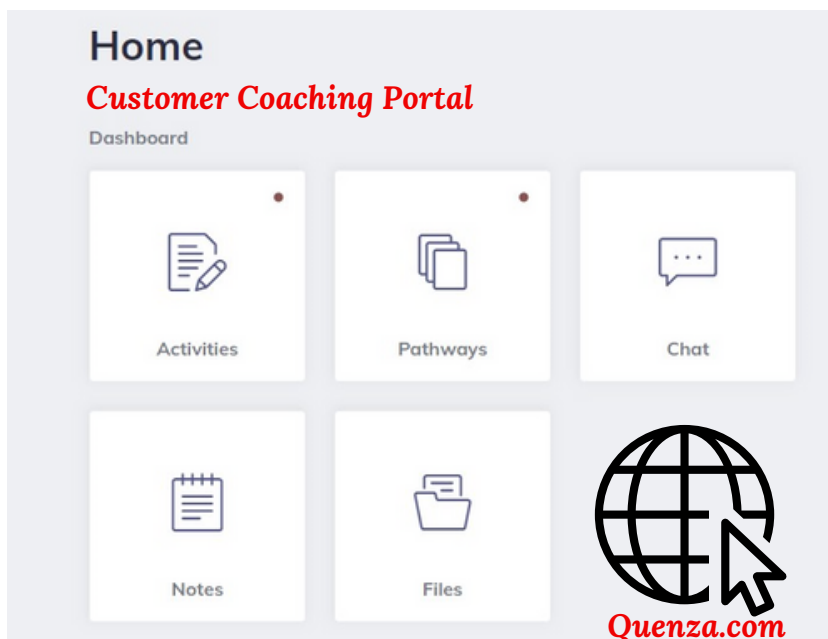
Bio

Coach Katie, a disciple of Jesus and a seasoned behavioral change coach, is here to serve, advocate, and support your desires to grow a stronger relationship with Jesus. Katie has successfully guided hundreds of personalized one-to-one coaching calls, facilitated thousands of group coaching classes, and engaged in countless digital coaching interactions to support ordinary people toward a better quality of life. R3 Revitalize birthed from God and inspired by a powerful dream, to plant 1 billion seeds of the hope and love only Jesus can provide. Offering a customer-centric professional coaching service that puts the customer first. Come see what God does when you spend 40-days in the wilderness with R3 Revitalize.

R3 Revitalize is Different Because

- We acknowledge that most people don't like change. They resist it unless they can see the benefits and value it brings.
- We intentionally prepare you for the change process. One little step at a time.
- We invite you on a 40-day journey to learn more about your relationship with Jesus and how God plays a role in your daily life.
- We understand that you may not know who God is today. You might be mad at God and have a toxic relationship with the Lord. You may also desire to fill an empty void in your soul, but you don't know how.
- We offer you the option to track where you started. Have checkpoints along the way, and end the journey by reflecting on your experience.
- We pray that God directs His path to your peace through His WORD and SCRIPTURE.
- We share the power of prayer, community, and discipline and we hope your life is forever changed through Jesus.

Secure & Confidential Digital Coaching Portal



Coaching Portal Lessons: A 40-Day Journey to Jesus

- 1 **Welcome to Your 40-Day Journey: Genesis 7:12**
- 2 **Influence and Emotion: John 3:16**
- 3 **What is God Telling You? Proverbs 19:20-21**
- 4 **God's Plan- Are You On Track Or Off Track: Jeremiah 29:11**
- 5 **I Can/Can't Control: John 14:27**
- 6 **The Most Helpful Thoughts For Gaining Clarity: Romans 12:2**
- 7 **Spiritual Warfare: Ephesians 6:12**
- 8 **The Yes-Brain Versus the No-Brain: Luke 12: 22-26**
- 9 **What is The Verse You Chose Today? Timothy 3:16-17**
- 10 **Seeing Through the Hindsight-Bias: John 9:25**
- 11 **Practicing Reinforced: Matthew 7: 24-27**
- 12 **Motivational Analysis: Proverbs 16:9**
- 13 **Check-In: Psalms 46:10**
- 14 **God's Plan- Are You On Track Or Off Track: Jeremiah 29:11**
- 15 **Called to be Free: Galatians 5:13-25**
- 16 **Anger Iceberg: James 1: 19-21**
- 17 **Effectively Dealing With Triggers: James 4: 1-3**

Coaching Portal Lessons: (Continue)

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- 18 **Gratitude Meditation: 1 Thessalonians 5:18**
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- 19 **What is The Verse You Chose Today? Timothy 3:16-17**
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- 20 **Mid-Way Checkpoint: Your 40-Day Journey: Genesis 7:12**
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- 21 **Ask and it is Given. Matthew 7: 7-12**
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- 22 **Tapping Into Your Inner Optimist: Ephesians 1:7**
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- 23 **Walking Down the Street: Proverbs 3: 5-6**
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- 24 **God's Plan- Are You On Track Or Off Track: Jeremiah 29:11**
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- 25 **Understanding Your Inner Critic: Romans 8:28**
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- 26 **Self-Care Vision Board: Proverbs 29: 18 (KJV)**
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- 27 **Check-In: Psalms 46:10**
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- 28 **The Wheel of Awareness: Psalm 48: 9**
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- 29 **What is The Verse You Chose Today? Timothy 3:16-17**
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- 30 **Do you believe? John 4: 1-54**
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- 31 **Acceptance of Emotions Meditation: Deuteronomy 31:6**
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- 32 **The Acceptance or Avoidance Route: Psalm 27:1**
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- 33 **Leaving the Comfort Zone: Luke 1: 29-33**
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- 34 **God's Plan- Are You On Track Or Off Track: Jeremiah 29:11**
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Coaching Portal Lessons: (Continue)

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| 35 | Givers, Takers, and Matchers: Ephesians 4: 29-32 |
| 36 | Coping Skills and Social Support Inventory: John 15: 9-17 |
| 37 | The Unwanted Guest: Colossians 3: 1-17 |
| 38 | Check-In: Psalms 46:10 |
| 39 | What is The Verse You Chose Today? Timothy 3:16-17 |
| 40 | Graduation: Your 40-Day Journey: Genesis 7:12 |
| 40 | Thank you! Your feedback is important |
| In 7 Days | Bonus Reflection: Genesis 1: 28 |
| In 7 Days | Bonus Challenge #2: Romans 8: 14 |
| In 7 Days | Bonus Challenge #3: Revelations 22: 21 |

***“God calls us to be free
let that freedom shine
so you can walk with Jesus
to build
God's Kingdom
for God's Glory!”
-- Coach Katie***

Action Points Checklist

- SCHEDULE YOUR FIRST COACHING CALL** at www.r3revitalize.com (OPTIONAL)
- Pick the way you want to participate: **ON DEMAND OPTIONS**: Digital | 1-2-1 + Digital
- Pay at www.r3revitalize.com
- Expect an email from Katie Hindahl with an invitation to log into your coaching portal.
- Expect a welcome phone call from Coach Katie at 727-265-1246 to support you with technology questions, help you get logged in, and answer any questions you have.

Summary

This is a 2-month Christian Ministry coaching series. You will get to learn why do you do things you do and why other people do the things they do. The Bible is designed to help us navigate life and having context for human behavior helps enhance the Bible experience. R3 Revitalize does not treat, diagnose, or prescribe medical advice, psychological advice, psychiatric advice, or therapy. If additional professional support is needed for mental health concerns, or medical advice is needed, R3 Revitalize is responsible for referring you for appropriate support and counsel, including your PCP, for medical advice. Professional coaching meets you where you are at and supports you in moving toward your goals.

