



Overview

LIFT, or Leaders in Further Training, is a year-long program at CAMP-of-the-WOODS (COTW) in the Adirondack Mountains of New York State. This unique experience is designed to be a stepping-stone that builds a young Christian's worldview with personal, spiritual, and professional development for the career and ministry world.

Cost: \$1,000

A \$500 deposit is due upon acceptance and the remaining \$500 is due at the beginning of the fall semester.

Benefits:

Meals, housing, and most outdoor gear are included.

Timeline:

The program begins in late August and ends in August of the following year.



PHYSICAL



Service & Leadership

Gain a sharper recognition of God's calling and learn who you are as a servant leader through all six key values and your summer capstone.



Missional Living

LIFT prepares you to live missionally and develop a global Christian perspective. With your LIFT class, you'll partner with urban, regional, and international ministries.



Outdoor Adventure

Learn to persevere, overcome challenges, and face your fears as a team through a variety of adventurous excursions in the fall, winter, and spring seasons in the Adirondack Mountains.

INTELLECTUAL



Academics

You will have the option to earn college credits through LIFT courses. Classes focus on topics such as spiritual formation, theology, missions, leadership, outdoor skills, apologetics, and church history.



Professional Development

LIFT will equip you with an unparalleled skill set through leadership training, job shadows, a leadership practicum, and professional development sessions.



Community

LIFT believes in cultivating Christ-centered friendships that last for eternity. Build this community through morning devotionals, group workouts, community events, and more.

KEY VALUES



Academics

Spiritual formation is the foundation of the LIFT program. You'll experience a comprehensive curriculum filled with theology, missions, and leadership classes. From time to time, guest speakers such as university professors will teach classes. In addition, classes will prepare you for your international missions trip and your paid leadership position in the summer.

Earn College Credit

You may choose from one of our partner colleges listed below to earn up to 24 college credits for any of the LIFT classes. Those who elect to earn credits must sign up at the beginning of each semester.



**Choose to
earn college
credits at
one of these
five schools
partnered
with LIFT!**



Build Your Resumé!

Earn your LIFT Certificate, 24 College Credits, and more.



Networking

Market yourself to potentially work with one of the ministry partners.



Loan Deferral

Defer your loans as a registered student of Cairn University.*

The LIFT Postgraduate Opportunity is an additional option for graduate students who are looking to become more marketable in the career and ministry world. As part of the year-long program, at no extra cost, you'll be able to earn up to 24 college credits from Cairn University while deferring your student loans.*

This stepping-stone experience will help you save money, build your resumé, and grow professionally. We believe that career readiness doesn't need to be a stressful or expensive road if you have the right guidance, knowledge, and support.

**Dependent on your loan agency*



**COLLEGE
& GRAD
STUDENTS!**

Professional Development

FALL SEMESTER

- Leadership training and experience
- Strengths Assessment
- Resumé and interview tips
- Spiritual gifts inventory

JOB SHADOW

- Conduct your own job shadow between semesters based on your goals
- Review and reflect with mentor

SPRING SEMESTER

- Servant Leadership in action
- Professional interview for capstone
- Plan for summer with COTW full-time staff
- Financial Management Seminar

PROFESSIONAL DEVELOPMENT & NETWORKING

- Face-to-face job interview for direct job placement
- One-on-one networking with businesses and ministries connected to COTW

CAPSTONE EXPERIENCE

- Leadership practicum with marketable skill sets and valuable hands-on experience
- Ongoing mentoring from LIFT staff

“You’re Hired!”

or

“Continue Your Education!”

Service & Leadership

Leading with impact begins with learning how to be a good follower. LIFT provides the instruction and real-life experience needed to help you grow as a servant of God who actively leads with humility in a world striving for status.

Service in Action

Weekends

Serve COTW members during their retreats here and work in a variety of different departments.

Mission Experiences

Meet the needs of those in local and foreign cultures by serving during your missions trips.

Leadership Experience

On Adventures

Be a Leader Of the Day (LOD) or an Assistant Leader Of the Day (ALOD). You'll learn the ins and outs of leadership through the wilderness excursions you'll experience.

In the Community

Engage in local culture through outreaches such as volunteering at the clothing closet or food pantry, helping at the church's sound booth, and serving and visiting senior citizens.

Summer Capstone

LIFTers finish the program in their capstone leadership position. You'll learn first hand how a non-profit organization runs to serve its members to the best of its ability.



LIFT believes that it is critical to train the leaders of the next generation to join with God in his grand mission for the earth and to go and make disciples of all nations (Matthew 28:18-20).

Local Missions

During the fall semester, LIFT focuses on helping local ministries in the Northeast of the U.S. LIFTers will serve with an inner-city outreach in Albany, New York and in New Hampshire ski villages.



International Missions

In the spring semester, LIFT travels to Latin America for two-and-a-half weeks. You'll serve alongside missionaries with Students International.



Missional Living

Outdoor Adventure

LIFT adventures take place weekly throughout the varied seasons of the Adirondack Mountains. These excursions equip you to respond to adversity with courage and perseverance as a Christian. Through these adventures, you will learn and experience:

- How to face your fears physically and psychologically
- How to lead well and encourage your team
- What it takes to be a team in difficult situations
- How to develop your strengths and confront your weaknesses
- The majesty and glory of God together



Life Together

Two to four mornings a week are spent gathered as a class to focus on scripture, prayer, and worship. You will also participate in group workouts where you'll encourage one another and hold each other accountable to your fitness training.

COTW Community

Strong friendships will develop in the COTW community. Staff members are excited to pour into you at work, in their homes, and in other social or recreational activities you will plan together.

Local Church


Get plugged into the small-town community in the best way: the local church. You can help lead worship, socialize during the coffee hour, or get involved in the children and teen ministries.


Community



What are you
waiting for?
Apply Today!



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 www.cotw.org/lift