

LIFE IS A PRECIOUS THING! : C3 Life training

The best things in life do not just happen. C3 Life Training is designed to help you make the most of your life. Best Practices will inspire and challenge you to live a better life - with others and with God. The course will cover subjects on physical health, spiritual life, financial management, the Bible, emotional intelligence, time management and more.

The course is composed of four 10-session modules each of which lasts five weeks. The modules can be done separately. The course will be given in French and English

THE MODULES

Module 1: Practical Theology 1

Faith – Servanthood – the Holy Spirit and his gifts – Spiritual life - The Church and Church Leadership

One of the fundamental elements of Christian life is overcoming circumstances through the power of faith. Faith gives us access to the promises of God. Learn how faith works and how you can speak to your circumstances with authority! In this module, we will also look at subjects such as how to move in the Holy Spirit and continue to grow in the gifts of the Spirit. Learn how to become a more effective servant and church leader. Get ready to move to a new level!

Module 2: Practical Theology 2

Pro-active Worship – Prayer – Insight into the Bible – Dealing with our Conscience

In this module, we will look practically at a number of important elements related to our relationship with God. Learn more about prayer, how it works and how to grow in your prayer life. Find out what the Bible says about worship. Be armed with the Word of God by knowing more about the authority of the Bible and the relationship between the Old and New Testaments. Finally, at the end of the session we will provide you with helpful tips on how to deal with your conscience and feelings of guilt.

Practical Theology 2 : JUST DO IT !

Module 3: Emotional Intelligence

You and Your Personality – Four Emotional Intelligence Skills – Improving Emotional Intelligence

Emotional Intelligence is a term that is being used more and more in the workplace. Employers look for employees who are emotionally mature. Job interviews are increasingly focused on social skills and personal character traits. Intelligence, combined with understanding emotions will help build better relationships. Beginning with a personality test, the module will help participants learn how to get along better with other personality types. Then we will look at how to prepare for and make adjustments when meeting others. This module is highly recommended!

Module 4: Life Management

Financial Management – Health & Fitness – Communication-Time Management

Do you ever have the feeling that life is passing you by? Have you ever felt that you are under so much pressure, your life is out of control? Then this module is for you! These sessions will consist of topics such as finance (how to budget wisely, save, invest and give), health and fitness, how to plan your time and determine priorities. This is a very practical module which will challenge you to choose the direction of your life.

Costs and payments

Each module costs CHF 75.00. The cost of the complete course is CHF 200.-. Payments can be made through a bank account or by using a payment form (BV). A payment form (BV) will be sent to you upon receipt of your registration (which will be sent either by email or by calling the church office 021-729 94 54).

Lesson material

To help you make the most of these inspiring and challenging sessions, we provide you with the following:

- **Folder**
When you sign up for the complete course you will receive a folder with the notes from all the sessions. This is useful for reading through the material again later and taking your own notes during the sessions.

- **Personal Strategy**
You can learn an incredible amount by sitting in sessions but the effect is limited if you do not do anything with it. Each module therefore comes with a Personal Strategy Assignment which will help you formulate goals based on what you have learnt. Based on these three measurable goals, you will develop a clear plan to practically apply what you have learnt to daily life.

Time & location

Venue to be confirmed
20:00 – 21:30

Contact

lifetraining@ccclausanne.ch
021-729 94 54

DATES

Practical Theology 1

17-09-2008
24-09-2008
01-10-2008
08-10-2008
15-10-2008

Practical Theology 2

05-11-2008
12-11-2008
19-11-2008
26-11-2008
03-12-2008

Emotional Intelligence

14-01-2008
21-01-2008
28-01-2008
04-02-2008
11-02-2008

Life Management

25-02-2009
04-03-2009
11-03-2009
18-03-2009
25-03-2009

Dates :

- Module 1 Wednesday 17 Sep until 15 Oct
- Module 2 Wednesday 5 Nov until 3 Dec
- Module 3 Wednesday 14 Jan until 9 Dec
- Module 4 Wednesday 25 Feb until 25 Mar