

Personal Development

Growing Personally

We recognise that we are all on a journey in life. It's about growing personally and developing skills for life.

Building Healthy Relationships

Our lives involve others. We need to build skills for healthy relationships, good marriages and strong families.

Overcoming Problems

Sometimes we are challenged and the barriers seem insurmountable. By taking hold of the promises of God we know that every challenge has a solution and every obstacle brings about growth.

Growing our Self Worth

We need to affirm our self significance. By exploring our inner self we can renew our lives, find peace and make wise choices.

Learning New Life Skills

Life involves many challenges. We can learn practical ways to build new life skills. Perhaps it's managing our money better, improving our communication and relationship skills, or good parenting techniques.

KBC is committed to supporting our community's needs through . . .

KBC Counselling Centre

We help those in the community who are facing personal, family or relational issues, trauma, grief, isolation and other issues. We want to walk beside you through these times so you feel better and can effectively cope with life.

Contact: 3378 8800

Handshake

Reaching out to those in our community who need that extra support or are facing crises - housing, personal finances, and the challenges of life.

Contact: Joyce Chong - 3378 3595

Mentoring : Strengthening Families

Practical help and guidance to improve life skills - bringing out the best in people to use their resources.

Contact: Joyce Chong - 3378 3595

KBC Care

Providing support, prayer and guidance in times of personal and spiritual need.

Contact: Ryan Vallee - 3378 3595



Personal Development

A ministry of Kenmore Baptist Church
57A Kenmore Road (PO Box 29)
Kenmore QLD 4069
Phone: 3378 3595
email: church@kbc.org.au

PERSONAL DEVELOPMENT Courses & Seminars

Growing Relationships

Building Life Skills

Renewing Lives

May - July
2010



Courses and Seminars

Valiant Man

This course fortifies the moral and spiritual integrity of men living in a highly sexualised world. It challenges men to fight for their own personal, moral and spiritual vitality and help other men fight for theirs. A highly successful and informative course with very positive feedback from participants.

Facilitators: Bob White and Les Howorth
(May-July Tuesdays - 10 weeks)

Growth Through Separation and Divorce

Learn how to deal with the emotional, mental, physical and financial issues that surround separation and divorce - for yourself, for your children. Learn effective strategies to deal with guilt, grief and anger. Learn skills to help you negotiate, be assertive, understand the emotional cycle that is involved; and gain a few tips from experienced supporters which may help you deal with the physical, legal and financial issues.

Facilitator: Barb Jamesson
(June - Aug Wednesdays - 8 weeks)

Rediscovering Real Happiness . . . Challenging Over-Excitement

Want to find authentic joy and happiness. Our fast paced, stressful society has sold us counterfeits, overstimulation, over excitement and wow experiences. These only offer short term fixes but not real and lasting pleasure. The course explores these false options and their risks. It takes us back to authentic sources of real joy and pleasure.

Facilitator: Michael Watts
(May-June Tuesdays - 6 weeks)

Making Marriages Better

An interactive course for couples covering areas such as communication, resolving conflicts, sex and setting boundaries. It explores the various stages of marriage relationships. It is a very successful course with positive affirmations from those who have attended.

Facilitators: David and Rae Turner
(One day seminar - Saturday 15 May)

Managing our Money Better

This is a practical seminar to help you manage your money wisely in tough economic times. It provides great money saving tools and web links. It helps you understand the costs and benefits of different banking options; tips for helping to budget through to tools for doing a personal financial health check; tips for saving money. A successful seminar with very positive feedback from participants. Run by a team with a wealth of experience.

Facilitators: Tony Poynter and team
(One day seminar - Saturday 8 May)

Relating: Choices and Decisions for Young Adults

How do you know when you have found the right one, or is there such a thing? The seminar explores choices and decisions based on Biblical principles in relating and connecting for young adults. It will help you learn how to make the best use of your time for the benefit of others and yourself. Explore ways to build long term relationships. It will help you understand the difference between our culture's standards and God's standards in relating to others.

Facilitators: David and Rae Turner
(One day seminar - Saturday 3 July)

Bouncing Back: Gain Resilience and Life Balance

Are you tired of running in the rat race - feel like you're on a treadmill? Like to know how to get some balance in your life? Are you curious as to what God says about managing life's stressors? This interactive presentation allows participants to gain new skills, ask lots of questions and leave with a range of practical skills and tools to assist in living a more balanced life.

Facilitator: Steve Eather
(Half day seminar - Saturday 22 May)

Boundaries for Kids: A Parent's Guide

Assisting parents to set boundaries for good parenting and helping your child's development. Learn to make wise choices and boundaries for quality relationships. Find out how to say "No" without guilt or grief. Draws on Christian principles to improve your self-esteem and effectiveness. Based on the successful 'Boundaries' book.

Facilitator: Barb Jamesson
(August-October: Tuesdays - 10 weeks)

Expression of Interest

Name:

Phone/Mobile:

Email:

**Cost for Courses and Seminars:
\$35 per person or \$50 per couple
("Bouncing Back" Seminar - \$20)**

I am interested in the following courses and seminars. Please contact me with further details.

- Valiant Man
- Growth Through Separation and Divorce
- Rediscovering Joy and Happiness
- Boundaries for Kids : A Parent's Guide
- Making Marriages Better
- Managing our Money Better
- Relating : Choices for Young Adults
- Bouncing Back : Gain Resilience and Life Balance

Please return to -

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