



# DEFLATING DEFENSIVENESS

June 27 – June 29, 2019

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## Deflating Defensiveness Training Retreat

June 27 – June 29, 2019

Deflating Defensiveness Training Retreat sessions unfold as participative experiences. Come expecting to walk away with:

- **How to deflate defensiveness in yourself and others**
- The Five Key Questions you must ask to facilitate resolution
- **The secret to being heard by those who don't usually listen**
- Specific things that escalate conflict and how to stop them
- **How to change from conflict to conversation and even connection**
- Deeper connection with God
- **Significant opportunity for experiencing His love in a personal way**
- Leadership skills taken to a new level
- **Enhanced communication skills**
- Your own feelings about yourself grounded in a more solid identity
- **Your self-esteem boosted**
- Motivation to persevere in difficult circumstances rekindled
- **Application opportunities to practice skills**
- Life change that lasts (that's what our alumni tell us anyway!)
- **Emerge as a woman of greater strength and dignity**

This training is like nothing else you've ever experienced before – even if you are an alumni! Learn and practice the proven method for turning conflict into connection and more effectively handle even the most challenging situations.

*Kathy from Missouri... "I consider that I am at the beginning of (emotional) healing, so (I'm) re-learning God's love for me as an individual, plus the support/tools I now have from the retreat and this group gives me such peace and hope."*

*Attendee from North Carolina... "The shame cycle broke! I saw things about myself that I needed to see but this time was different. I didn't spiral down that path of shame but instead felt God's gentleness and love in the midst of it. That's HUGE! And I felt compassion for my challenging person as I realized we both tend to operate from the same insecurity, we just demonstrate it in different ways. God did big things in my heart. I know I'm different now than when I arrived, I just don't know how to put it all into words. I think it's trust. I experienced God in a very healing way and that deepened my trust of Him. He is so good."*

*Cindy from Michigan... "I was able to wrap my head around the fact that things might never change but I could change how I talk and respect my challenging person."*

*Sandi from Minnesota... "During one of the reflective exercises, I had an aha moment that gave me more compassion for my challenging person and saw something about myself that was preventing me from having a more intimate relationship with God. I had learned some of the skills last year, but they didn't sink in as well the first time. So I guess maybe that's two things, but they are both hugely important."*

## Deflating Defensiveness Schedule

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Note: Breaks will occur during sessions as well as at posted times.

### Thursday

*You'll learn "the why" of defensiveness – for both you and your challenging person, and experience a method that can create deeper connections in all of your relationships.*

7:00-7:45pm	Registration for <i>Deflating Defensiveness Training Retreat</i>
8:00-9:00pm	<i>Deflating Defensiveness Opening Session</i>
9:00-10:00pm	Homework Assignment

### Friday

*You'll learn the 7 Pillars of Respect and how they impact our interactions. You will learn the Plan for Turning Conflict into Connection. You will discover how to have self-respect and how that impacts all of their relationships. You will learn how to INCREASE your godly self-confidence.*

7:00-7:35am	Praise Moves (optional)
7:35-8:00am	Morning Stations (optional)
8:00-8:30am	<i>Caffeine Infusion &amp; BREAKFAST</i>
8:45-9:15am	Greater Impact Welcome
9:15-12:00pm	<i>Deflating Defensiveness</i>
12:00-12:30pm	<i>LUNCH</i>
12:45-3:00pm	<i>Deflating Defensiveness</i>
3:00-3:30pm	<i>Break</i>
3:30-5:00pm	<i>Deflating Defensiveness</i>
5:30-6:00pm	<i>DINNER</i>
6:00-7:30pm	<i>Break</i>
7:30-9:00pm	<i>Deflating Defensiveness</i>

### Saturday

*This day walks participants through an accelerated change process that dives deeply into the cycles of defensiveness and conflict you experience with the challenging people in your life. You will walk through a transformation process where your abilities to turn your conflicts into connection will be revealed and*

*you will have new insights into how to handle conflicts in the future. You will also be shown how to help others around you respect themselves and grow in their maturity.*

7:00-7:35am	Praise Moves (optional)
7:35-8:00am	Morning Stations (optional)
8:00-8:30am	<i>Caffeine Infusion &amp; BREAKFAST</i>
9:00-12:00pm	Deflating Defensiveness
12:00-12:30pm	<i>LUNCH</i>
12:30-1:00pm	<i>Break</i>
1:00-4:30pm	Deflating Defensiveness
4:30-5:30pm	Greater Impact Ministry Opportunities & Surveys, Q&A
5:30-6:00pm	<i>DINNER</i>
6:00-6:30pm	<i>Break</i>
6:30-8:30pm	Worship & Commissioning

## **Sunday**

*We realize you might have a long drive ahead of you, but if you don't have to get on the road, we'd love for you to participate in a Retreat tradition, that of Sunday service at Horizon Church. Usually author and pastor, Chad Hovind (from the Daughters of Sarah® videos) teaches that day, and invariably, God does something amazing during the service, confirming or bringing new revelation to us. We'd love to share this experience with you.*

8:00-8:30am	<i>Caffeine Infusion &amp; BREAKFAST</i>
8:30-10:45am	<i>Church Celebration</i>
11:00-1:00pm	<i>Check out</i>