

Chris and Jen Coursey lead and design the **THRIVE** conference and training program that uses Life Model principles to promote healing, maturity and joy in individuals, families, communities and churches. Chris is a pastoral counselor, author and international speaker, and currently works as a pastoral minister for the "international training ministry", Shepherd's House. Jen is a teacher, conference facilitator and synchronized dance instructor.

From Illinois Central College in East Peoria, Illinois, Chris transferred to Eastern Illinois University in Charleston, Illinois to major in Sociology with a minor in Psychology. Chris graduated in May of 1998 with a B.A. degree then started work as a counselor with a Christian recovery ministry, C.A.R.E. Inc. Chris completed his Master's Degree in Theological Studies from a Messianic Jewish Yeshiva called MBI, or Messianic Bible Institute, out of Virginia. Chris spent over seven years living in a redemptive community helping severe trauma survivors recover and reach their potential. Chris's training includes ministering to adults and children with PTSD, D.I.D., SRA, maturity related issues and a variety of personality disorders and problems that result from A and B Trauma.

Chris sums up his ministry and mission as, "to help people be full of life and experience Jesus Christ as a reality". Dr. Jim Wilder mentors and has trained Chris, as Chris lectures nationally and internationally on material he authors concerning the effects of trauma recovery. Chris is known for his relational and community approach to trauma recovery and growth. Chris now operates **THRIVE** in East Peoria, IL., with his wife Jennifer of four years. Chris offers personal ministry and specializes in maturity and trauma recovery issues. Chris and Jen are active members of New Life Christian Church in Morton, Illinois. To read more about the Coursey ministries and personal testimonies visit the **THRIVE** website.

After attending her first **THRIVE** Conference in 2003, Anna began to pray for an opportunity to share what she had experienced with her family and friends. "The joy and relationships in my family are truly something to be thankful for. My marriage continues to get better after 28 years." Anna uses her **THRIVE** training to bring healing to her family and those whom she ministers to in her prayer ministry. She facilitates **THRIVE** training modules, and is excited about the growing opportunities to share **THRIVE** skills. Anna has trained recovery from trauma skills at women's retreats and in various church communities. She is actively involved as a teacher and leader in the Living Waters program. Anna also trains foster parents for the Alberta Foster Parent Association, and is actively involved in the fostering community. Chris Coursey has become a valuable mentor and trainer for Anna. "I have matured so much as a person because of Chris' input in my life."

Anna and her husband Garth have 6 children. They attend West Edmonton Church of God, in Edmonton, Alberta. After attending **THRIVE**, she experienced that it really was possible to recover from trauma, and live out of a place of true joy. Anna can be contacted at "Recovery to Joy Ministries." Through hosting numerous conferences, Anna has realized her passion to help others to **THRIVE**.

Conference Hosted By:



Anna Hill

Recovery To Joy Ministries
#202, 17815 - 106 Avenue
Edmonton, AB.
T5S 2H1
Ph: 780-271-0186
E-Mail: joymin@telus.net

Contact: Anna Hill

National And International

THRIVE - Changing My Generation



Chris and Jen Coursey

P.O. Box 2376
East Peoria, IL. 61611
Ph: 309-699-0171
www.thrivetoday.org

The Life Model
www.lifemodel.org



On-Line Registration Can Be Done At:
www.thrivetoday.org

Payments Can Be Done On-Line or Mailed in.

THRIVETM
Canada



EXPERIENCE JOY! BUILD A FOUNDATION OF JOY.

THRIVE Conference

Track I & II

Aug. 16th - Aug. 21, 2010

St. Albert Inn
St. Albert, Alberta

Stay Connected With The People You Love!

Building Your Capacity

THRIVE offers three skill-training tracks.

Each skill training track builds on the previous training. **THRIVE** starts Track One with the skills to be fully alive. Recovery comes next in Track Two. Recover from periods in your life when there should have been more growth. Then, in Track Three, you recognize and resolve the five levels of pain in your brain. Unrecognized and untrained mental states drive us to do foolish and hurtful things. Training intensifies with each level of **THRIVE**. Each track requires more maturity, capacity and skill. You build skills with exercises and practice throughout the year between tracks.

Bonded Partner

Bonded partners are critical to the conference experience. It is easiest to build joy with someone with whom you have a pre-existing bond. Bring a spouse, friend, brother or sister, a prayer partner, co-worker or someone you trust.

Registration

Sunday Evening, Aug. 15 6:30pm - 8:00pm
Conference Agenda 8:30am to 6:00pm
Wednesday is a Half Day 8:30am to 1:00pm

Early Registration By: June 15 **Final Registration Deadline:** July 15
\$700.00 (First Registrant) \$725.00 (First Registrant)
\$500.00 (Bonded Partner) \$525.00 (Bonded Partner)

Register Early To Secure Your Spot.

Registration Is Done On-line.

To Register Please Go To:
www.thrivetoday.org

Fees Include:
- Conference and Materials.
- Breakfast, Lunch & Snacks

Payments Online Through PayPal or Mailed In.

Please Make All Cheques Or Money Orders Payable To:
THRIVE CANADA

And Mail To:
THRIVE CANADA
c/o Recovery To Joy Ministries
#202, 17815 - 106 Avenue
Edmonton, AB.
T5S 2H1

Please Mention The **THRIVE** Conference When Making A Reservation To Receive The Conference Discount Rate.

Lodging Available At:
St. Albert Inn
156 St. Albert Trail
St. Albert, AB.

Call To Reserve:
(780) 459-5551
Website: www.stalbertinn.com



RECOVER, REDUCE THE TIME YOU SPEND FEELING ALONE.

Each six-day track of **THRIVE** provides intensive skill training for your nervous system and spirit. You and your family or your community can grow the necessary tools to be effective parents, counselors, missionaries, pastors, students and leaders.

Every day of **THRIVE** is full of activities to train your brain and free you from fears and emotional struggles that waste much of your life. Everything from parenting to counseling depends on a mature, peaceful and synchronized nervous system. Practice connecting and quieting in a safe environment.

THRIVE provides hands-on experience gaining capacity to handle distressing emotions so you stay productive, efficient and wise. **THRIVE** provides a careful design for you to rehearse, apply and transform your joy capacity, quieting skills and speed-up your return to joy time. **THRIVE** helps you pass on the best of yourself to your children, grandchildren, church and community.

Track One

Experience Joy! Build a foundation of Joy.
Increase your capacity to quiet, grow and **THRIVE**.

- Build a joyful foundation for your brain and body.
- Start your 19-skills Training.
- Train with over 34 hours of Strategic Exercises.
- Synchronize your personal and relational rhythms.
Good timing prevents pain and regret.
- Sharpen your discernment of God's voice.
- Tell four-plus stories to synchronize your brain.
- Synchronized Dancing harmonizes mind and body.
- Learn from experienced minds and practice with your bonded partner so you can take joy home.

Track Two

Six paths back to joy will greatly reduce the time you spend feeling alone or stuck in painful emotions.

- Return to joy quickly from six negative emotions.
- Use these six emotions to improve relationships.
- Strengthen the 19 brain-skills.
- Experience Immanuel healing prayer.
- Complete 30 sequenced training experiences.
- Develop what all effective leaders have but most can't teach.
- Recover from the common blocks to maturity.

IMPORTANT: There is required **READING** for each track.

TRACK I

- The Life Model
- Living With Men
- Bringing The Life Model To Life
Or
The Belonging Study Guide

VISIT THE **THRIVE** WEBSITE,
www.thrivetoday.org
FOR MORE DETAILS ON ORDERING BOOKS

TRACK II

- The Life Model
- Living With Men
- Bringing The Life Model To Life
Or
The Belonging Study Guide
- The Developing Mind And/Or Parenting From The Inside Out
- Basic THRIVE Skills, Mastering Joy And Rest

GROW, BUILD JOY, INCREASE YOUR CAPACITY TO QUIET.