

2 Timothy 1:7 (Amplified Bible)

'For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but a spirit of power and of love and of calm and well-balanced mind and discipline and self-control.'

During the **Fitfish** retreats we include various emotional health options that will enable you to return home better able to reach your potential. Each retreat the choices will include the following:

(Life) Coaching

"I have come that they may have life, and have it to the full." John 10:10

This session will help you to consolidate your personal learning from the **Fitfish** experience. It will provide you with time and space to consider your goals and the ways in which you are motivated to change. Working 1-2-1 with an experienced **Fitfish** Christian coach, you'll be encouraged to consider what you want to achieve and the steps that you'll need to take to get there. You'll be particularly encouraged to look at the resources you have to help you and to consider how you can address any potential barriers you may face.

Understanding your Personality

This 1.5 hour long session will help you gain greater understanding into your personality – the unique person God has created you to be. Using the well-respected Myers-Briggs Type Indicator® (MBTI) as a framework for discussion, you will explore your personality preferences with an experienced Christian Psychologist; particularly focusing on how this relates to the goals you set for yourself. As a part of the session you will receive a short written report which will support your journey and provide you with further information about your personality.

This session is longer than the standard Coaching session and so will cost an additional £40. You will be asked to complete an online questionnaire no later than one week before the retreat. If you have any questions about this, or would simply like to discover more, please contact the **Fitfish** office. In

addition, if you would like to discuss alternative ways of exploring your personality, please do get in touch.

Telephone Coaching

Follow up your learning after the **Fitfish** weekend and use a telephone coaching session to work through your goals and objectives and barriers to overcoming them with a **Fitfish** Christian coach. This can be done at a time that suits you from the comfort of your own home.

Talking to a Counsellor

Our trained and experienced **Fitfish** Christian counsellors are thrilled to offer this service to **Fitfish** clients during their time away. Perhaps you need to ask some advice on where you need to seek support or what your next step should be with an issue that you are currently working through. The conversation will be dealt with in a confidential and sensitive manner.

Listening Prayer

2 or 3 of our **Fitfish** Prayer Ministry team will be delighted to spend time with you listening to God's voice about the way that He feels about you and the unique way that He created and designed you.

Prayer Ministry

Do you have something on your mind that you would like to pray through with someone? Come and spend time with one of our **Fitfish** Prayer Ministry team and seek God's heart and voice on the matter.

Emotional Health Workshop

Come and join a workshop where we look at some important issues that we or those around us face in everyday life. Topics include stress, tension, happiness, sleep, work-life balance, pleasing others and self-image.