

## Optional Extras, booked during the retreat



During the **Fitfish** retreats we offer various add on (one included in November 2011) options that will enable you to return home better able to reach your potential. Each retreat the choices will include all or some of the following:

### **(Life) Coaching \***

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 fee. You will be asked to complete an online questionnaire no later than one week before the retreat. So please let us know in advance if you would like this option.

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.

### **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.

### **Sports Massage \***

A **Fitfish** Sports Massage Therapist will be available at the retreats to help you to relax and recover

Massages can include, 10 minute warm up, full body, relaxation, lymphatic drainage, stress relief, sports specific.

### **Fitness Assessment \***

Assess your fitness levels with tests including, heart rate, blood pressure, body fat, body water, weight, BMI, Waist to Hip Ratio, Flexibility, Strength and Cardio Vascular. Chat to an adviser about your fitness journey.

### **Nutrition Advice \***

A nutrition adviser will chat through your current eating habits and give you advice for the future, whatever your goals.

### **Talking to a GP \***

A session with our **Fitfish** GP who is passionate about the link between physical, spiritual and emotional health

All sessions are bookable during the retreat. Some for a reduced extra charge\* (November 2011 one option is included)