

THRIVEtoday Menu

Are you hungry for more joy, peace, and relational connection in your life? Explore our learning menu and see which items best fit your appetite, then invite others for a taste!

Samplers *free!*

Get a taste and share a taste with others:

- Relational Skills in Real Life Podcast - Enjoy short 10-minute episodes that share stories of relational skills being used in everyday life.
- The 28-Days Joy Challenge - Enjoy this free calendar of 28 daily exercises to boost your joy and begin new practices in your life.
- Free Webinars - Our free 30-60 minute webinars address relevant topics and provide a foundational understanding of relational skills.

Appetizers \$

Feed your appetite to begin experiencing Relational Skills:

- The Foundational 5 Intro Course - Engage in brief introductory lessons on each of the 5 foundational skills. Assess your skill capacity and begin your practice!
- Practice Classes - A facilitator will walk you through a sample session from one of our Habit Builder Courses and give you the opportunity to interact with others.
- Introductory Books - The Joy Switch and 4 Habits Series introduce you to relational skills and how they apply in everyday life. Each book includes exercises to practice.

Lighter Fare Meals \$\$

Enjoy satisfying practice opportunities that are still convenient and affordable:

- Online Course Membership - We created the membership as a tool to keep practicing relational skills when life gets busy. Choose from 2 affordable subscription tiers and set yourself on the path to practice.
- Live Events and Past Online Events - Learn more about the theory behind the skills in these 2-3 hour events. Practice is included to apply what you are learning.
- Online Practice Courses - Dive deeper into your skill practice with these self-paced courses of varying length.

Main Entrées \$\$\$

Fill a deeper hunger with our most in-depth learning opportunities:

- Thrive Premier Theory Courses - Receive the most in-depth skill theory teaching from Dr. Jim Wilder, also featuring Chris Coursey.
- Thrive Premier Training - Get the most thorough training available during this 5-day immersive experience. Enjoy hands-on practice in a joy-filled atmosphere.

Desserts

Spread the sweetness of relational skills to others:

- Share your story with us by emailing info@thrivetoday.org
- Share these menu offerings with others.
- Invite others to practice with you. For tips, email us at info@thrivetoday.org.
- Partner with THRIVEtoday through financial giving.



THRIVEtoday exists to provide the resources and training needed to flourish in your everyday life. Our friend, Sheryl, has tasted several menu items to help her regain lost spiritual joy and peace after a difficult season:

*"**The Foundational 5 course** renewed my hope, excited me, and gave me a pathway toward a deeper union with the Lord and others. I went on to do the **Practice Class** and left encouraged by the sharing time. Realizing it would be difficult on my own to create new, life-changing habits, I joined a **Habit Builder Group**. The classes are significant in developing life-changing skills!"*



WWW.THRIVETODAY.ORG

you're invited!

THRIVEtoday
relational living in practice