

GROWU.100

101 . PIZZA WITH THE PASTOR

If you are new to C3 and looking to get connected, Pizza With The Pastor is the perfect place to start. Join Pastor Konan and the C3 Staff to learn about the history of C3 Church, our vision, mission, and where we're headed. You'll get to meet others who are also new to C3, and ask any questions you may have.

102 . FIGURE IT OUT

This group helps you journey to a place of emotional health and wellness. This group explores knowing who you are (identity) apart from what you do (mission) and who you surround yourself with (community). This group will help you: Become confident in the most difficult of relationships, get clarity on your mission that transcends your job, process your day to close open loops that create anxiety, and be happy with yourself regardless of circumstances.

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201 . THE ENNEAGRAM: ROAD BACK TO YOU

The Enneagram is unique in what it offers as we make our way from who we are to who we hope to be. Your understanding of who you are affects every relationship you enter into and try to maintain. Through this course, experience an opportunity to understand yourself more clearly (how you see the world and yourself), and the people around you.

202 . THE GRIEF WORKSHOP

During this Grow U Workshop we will be focusing on the topic of Grief. What is Grief? What are common things we grieve? What do I need to support my grief? And, what are the stages of grief? You'll learn that: grief is universal and highly personal, grief takes as much time as your body needs it to take, you can trust your body to tell you what you need in grief, you have permission to engage with your grief in ways that bring healing for you, and you don't have to lose yourself to grief.

203 . BOUNDARIES WORKSHOP

This workshop helps you learn how to set boundaries, find peace, and reclaim your life. You'll learn tools to help you understand when to say yes, how to say no, and how to have happy and healthy relationships.

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301 . ALIGNMENT

This course will teach you how to define your personal, biblically based values, and live in alignment with them. This is a course that will equip you with scripture and tools to support and affirm your true identity in Christ.

302 . G.R.O.W. COACHING

In this course you will learn the principles and practice of coaching and leadership. You will dive deeper into the G.R.O.W. coaching model, and develop your coaching skills to be able to help others grow in their relationship with Jesus.

303 . ENGAGE

Engage focuses on developing your background, skills, and habits for a consistent and meaningful Bible reading practice. You'll learn practical tools to approach the text, understand the context, and apply the teachings of the Bible to daily life. You will also discuss key themes and messages in scripture.

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401 . GROW U COACH CERTIFICATION

Teach what you know... That's chapter 12 of Figure It Out. If you have grown through Grow U and have a passion for helping others grow, work 1:1 with one of our certified Grow U coaches to become a Biblically based Grow U coach.

402 . MINISTRY INTERNSHIP

Have a desire to go into full time ministry or serve your church in a greater capacity? Proverbs 11:4 says, "Where there is no guidance, a people falls, but in an abundance of counselors there is safety." Here at C3 Church, we don't desire to just be hearers of the word, but doers. Within this internship, you will learn and practice servant leadership and love people to a growing relationship with Jesus.