



“The Wives of Excellence Training Program”

A Four-Week Training Program for Women

Wives of Excellence Program Outline

➤ **Session #1: Tuesday, January 13, 2015 (9pm to 10pm) (Topic: Fear of Rejection)**

Class Focus: One of life’s greatest fears is the fear of rejection. Feelings of rejection consume the human psyche; often causing us to go extreme lengths in order to avoid it. This first Wives of Excellence class will explore how the fear of rejection impacts a woman’s life, including its effects on how she connects with the world, and how it influences her emotional, physical and spiritual state. Before this session, take some time to think about how you process rejection, and how it impacts your relationship with your husband and others around you.

➤ **Session #2: Tuesday, January 20, 2015 (9pm to 10pm) (Topic: Fear of Confrontation)**

Class Focus: As a wife, how do you confront difficult people and/or issues? Would you categorize yourself as “someone who avoids?” “someone who confronts?” or “someone who is confrontational?” This Wives of Excellence class will explore how wives can make confrontation a positive and edifying experience. The class will include tips for how to confront, how to establish a healthy mindset for confrontation, as well as how to understand the person and situation that you’re confronting. Ultimately, the goal of confrontation is to bring others into a closer walk with Christ. This session will help wives more effectively reach this goal.

➤ **Session #3: Tuesday, January 27, 2015 (9pm to 10pm) (Topic: Fear of Death)**

Class Focus: Psychologists have diagnosed hundreds of different types of fears over the course of human history. But the bible only speaks of only one type of fear; the fear of death. The mere thought of death (whether through the voluntary laying down of one’s life, or the involuntary taking of one’s life) is crippling to most people. In this session, The Wife Coach will discuss the dynamic of death, and how we as wives struggle to come to terms with it, specifically within the context of aging, and losing our life so that we might find true life in Christ.

➤ **Session #4: Tuesday, February 3, 2015 (9pm to 10pm) (Topic: Fear of Failing)**

Class Focus: As a wife, how comfortable are you with failing? Is your fear of failing keeping you from maximizing your true potential and achieving your God-given purposes? In this session, the Wife Coach will show wives how to free themselves from burden of trying to be “all things to all people,” while at the same time encourage wives to become all that they were destined to be without fear of failure.

➤ **Session #5: Saturday, February 21, 2015 (11:00am to 1:00pm)**

Class Focus: Women’s brunch in New York City! Enjoy and relax in a fun, vibrant social environment with women who took part in the Wives of Excellence Training Program!