

BECOME WHO YOU WERE MADE TO BE.

KARDIA COLLECTIVE MEN'S INTENSIVE

Life happens to everyone. From one minute to the next life can be filled with joyous wonder and debilitating fear and overwhelm. Every day we are faced with the decision to merely survive or to fully live, courageously participating in one's own life.

CONTACT INFORMATION:

shadberry@kardiacollective.com

chasepittman@kardiacollective.com



Kardia Intensives will help you toward the next step of healing and growth you desire.

“Being in a group of strangers and sharing some of the components of my story was one of the most petrifying and healing experiences of my life. I never knew how much energy I devoted to denying how much life had impacted me and I certainly did not know how much that hindered my relationship with others.”



Being truly seen can only occur when my story is truly told. I'll be forever grateful and changed by my intensive experience. ”

THE EXPERIENCE

Kardia Intensives are 3-day experiences hosted in a comfortable setting and led by licensed counselors and professional coaches. The experience will include a combination of teaching, group process, and experiential exercises.

TOPICS COVERED WILL INCLUDE:

- Exploring the deeper layers of our core emotions
- Understanding the connection between our core emotions and relational needs
- A deeper understanding of unwanted and addicted behavior, how they connect with our stories, and how to recover from them
- Practices that will help you embrace a slower pace and reduce anxiety

WHO ARE KARDIA INTENSIVES FOR?

Kardia Intensives are for anyone who desires more.

More intimacy in their relationships.
More authenticity in their faith.
More meaning in their work.
More healing in their being.
More gratitude in their hearts.

Whether you have done years of counseling or never set foot in a counseling session, Kardia Intensives will help you toward the next step of healing and growth you desire.



Seen and Heard

Your story is your life. To be known, you must first know yourself.

It is your whole story that has made you into who you are today. It is your story that God has been writing and He invites you to fully participate in co-authoring it.

Who you are today is directly related to what you lived through in the past. Since the present is so powerfully influenced by the past, owning your story and sharing it with others will strengthen your present and give you hope for your future.

It is rare for someone to see the value in slowing down to remember what it has been like to live their own life. We have spent a lot of energy, money, life, and time trying to forget or outrun the truth of our journey. Besides, what's the value in remembering things that hurt? How is that productive?

Remembering and telling your story will first connect you with yourself in a way that honors where you have been, what has happened to you, and what you have done. It will also free you to connect with others in a way that opens your heart to experiencing rich and sincere relationships with others and with God. Not to mention the world around you.

Many of us are stuck in cycles in the present that we can't seem to break. We are anxious, lonely, depressed, resentful, distrustful of others and afraid we'll stay there. Some of us feel stuck in jobs, some in relationships, some in unhealthy patterns of behaviors, some in use of substances we can't seem to stop using. Or worse, we are unaware we are even stuck to begin with. But we know we want more and don't know how to get it

Kardia Intensives are designed to give you the opportunity to uncover your story in a safe environment where you can be seen and known. You will also have the opportunity to see and know others as they share the nature of their experiences of betrayal, loss, embarrassment, as well as the successes, joys, and victories that have shaped them. You will learn how to be present in your own life and courageously pursue a future you desire.