



BATTLE FOR THE HEART
LIVE TRANSFORMED

Preparation for the Battle for Your Domain

We are excited about being with you at the upcoming **Battle for Your Domain** weekend and look forward with great anticipation to what God will do in and through us as we grow in the heart and skills of engaging from the heart.

The Battle for Your Domain experience will inspire and equip you in three primary areas:

1. Growing in the awareness of and integration of the four levels of your heart so that you can effectively live, engage, and lead from your whole heart. The key tool is the **Elevator Model of the Heart**
2. Growing in effectively engaging with another person through becoming familiar with and beginning to use the **Elevator Engaging Process**
3. Becoming aware of and growing in the five skills that provide the context for engaging from the heart:
 - Be fully present at all four levels**
 - Listen in three directions**
 - Effectively ask questions**
 - Share from your heart**
 - Savor the moment**

The Battle for Your Domain workshop utilizes interactive group sessions, demonstrations of skills, one-on-one practice sessions, and small group interactions to achieve the retreat objectives. Men's groups and women's groups may be present at the event. The event still provides a safe environment for vulnerable engagements since most interaction occurs within small groups. By carefully preparing, you will increase the effectiveness of this experience and more easily incorporate these powerful skills into your life and domain.



PREPARATION

Review the Models

During the retreat you will have opportunities to learn and use the BLESS skills while practicing the Elevator Engaging Process. Please review this model and the Elevator Model of the Heart, which you are already familiar with, prior to the weekend. These models are provided alongside this document.

Read *Leadership Coaching* by Tony Stoltzfus

In addition to reviewing the Elevator models, part of your preparation involves reading from the book *Leadership Coaching* by Tony Stoltzfus. You may have purchased this book during the Battle for Your Heart event, but if not, you may purchase it in paperback or download it on your e-book reader.

To receive a \$5.50 off coupon for 1 copy of *Leadership Coaching: The Disciplines, Skills and Heart of a Christian Coach*, by Tony Stoltzfus just do the following:

- Visit <http://www.coach22.com/leadership-coaching-by-stoltzfus.html>
- Using all lower case letters, add this Coupon code: WellspringGroup
- Click the button that says “Apply Coupon”
- \$5.50 will be deducted from your purchase of *Leadership Coaching* Coach22.com
- * If you have any trouble with the coupon, simply add the following in the notes section at checkout: WG \$5.50 off KS

While “coaching” and “engaging” are not synonymous, this book covers many concepts that are key to both processes. The main sections of the book we would like you to read before our weekend together are the Introduction (4 pages), Part I (chapters 1-6) and chapters 11-13. After reading the book, please take time to reflect and respond to the questions provided in the *Reflection Questions* document.

Reflect

The sessions throughout the weekend will offer you lots of practice with the skills of engaging. During these practice sessions you will be asked to briefly engage around some of the areas listed below. Thinking through the items below will help you recognize an area in which you would like to be pursued by someone during the sessions. To be prepared for these exercises, you will want to respond to the following questions and bring your answers with you to the weekend event:

- What are a couple of positive experiences in the last year that you would like to celebrate?
- What are a couple of negative experiences in the last year that would be helpful to grieve or work through?

- What are a couple of key challenges you are now facing in your life, relationships, or work?
- What are you expecting from the upcoming Engaging from the Heart weekend in these regards?
- What is a lie or message you have believed that is holding you back from being who you were created to be?
- What are the key fears that drive you? For example: rejection, failure, abandonment, etc.

In our opening session on Friday morning, you will be given time to introduce yourself and share in **30 words or less how God has used the Battle for Your Heart and the Team Equipping process in your life.** This word limit helps you practice the skill of thinking through the impact of an engaging experience and expressing that impact clearly and concisely. It also helps keep us on track with time. Please set aside approximately 10 minutes to think through the list below, remember to keep in mind that you have a limit of 30 words to express yourself.

- **Observational/Rational:**

What has been the impact on my life and domain?
 What has been most significant for me through this?
 What has changed in my life and/or domain?

- **Volitional:**

What choices have you made or are making that have been significant?

- **Emotional:**

What has the experience felt like?
 What have been some of your feelings as you have experienced changes in you or your domain?

- **Deepest Desires:**

What desires have been awakened or deepened?

What desires are being touched through your experience?
What has changed in how you relate to your deepest desires?

You can maximize the effectiveness of this weekend experience if you will put the time into preparation. We anticipate the preparation time required for this retreat is about 5 hours. Please take the time to review the diagrams and review the chapters in Tony's book.

Prepare well! Let me know of any concerns or questions that you may have, and know that our team is praying for you and looks forward to being with you for this experience.

Anisa Sumlar

anisas@wellspringgroup.org

