

SPIRITUAL FORMATION & RELATIONSHIP DEVELOPMENT SERVICES

Current services provided are centered primarily around enhancing your *HQ (Heart Quotient)*. *HQ* is the integration of both the *SQ (Spiritual Quotient)* and *RQ (Relationship Quotient)* programs. Inspired by the two greatest commandments found in Luke 10:27, “Love the Lord your God” and “Love your neighbor as yourself,” the following services were designed to help you create a rhythm for cultivating intimacy both vertically in your *spirit with God (SQ)* &/or horizontally in your *relationships with others (RQ)*. By merging aspects of both the *SQ* and *RQ* material, the *HQ* program was developed distinctly to help strengthen the state of your heart according to your *Biblically-based* spiritual health and relational well-being.

COACHING (1 on 1, Groups, Couples)

Based on an agreed upon set of goals and objectives, provide direct guidance and support within the *Heart Quotient (HQ)* program specifically designed to help promote your growth process within an exclusive plan in the desired areas of your *spiritual life &/or relational development*, while facilitating strategies to help identify your potential, leverage your personal strengths and enhance your acquired skills for greater refinement toward your present and future possibilities.

SEMINARS/WORKSHOPS

As these services are also designed to train and equip, if you would like to be equipped to help others in these areas, these programs were also developed precisely with you in mind! *Also provided upon request exclusively for now based on your relational group needs, gather your family, friends, colleagues, and/or significant other(s) and get ready to partake as you learn and grow together via the RQ (Relationship Quotient) program.*

NEW! Ask about Dance Component Option! (For Couples Only)

Not intended to be intimidating in the least bit, but rather you will simply sway to the rhythm of the music while instructions are provided with basic dance steps for the sole purpose of cultivating couple's intimacy within the predesigned *HQ* program.

PLUS, “Spiritual Workout” Program....Coming Soon!

Though you may think or feel you are doing well, the purpose of these services is to not only help you where there may be lack, but to enhance what is already there. The key is to continually seek to grow and expand your heart, rather than wait until your spiritual life &/or relationships are suffering in order to seek out these types of services, programs or some other forms of assistance.

Contact Us for more information or go to cultivatingintimacy.com