

# TRADEN

## Classes

### Rationality / Locus of Control (1.5 hrs.)

*There is little more upsetting than finding out that way we see the world maybe a bit off center, after all, doesn't everyone see it this way? A vast majority of conflict and cycles of struggle come down to Irrational Thinking and Locus of Control.*

*Have your mindsets challenged and grow in a humble confidence as you discover options to your outlook.*

### Shame / Guilt Issues (1.5 hrs.)

*Half of some of our battles are either trying deny guilt or wade through shame. Very little has as negative effect to our self-worth than these.*

*Explore how to decipher these two issues and come to terms with your value while moving forward in the process of resolution, worth, and forgiveness.*

### Grief / Loss Issues (1.5 hrs.)

*Another difficult area to face is loss. Grieving over a person, or significant change can be among the most difficult processes a person can deal (or not) deal with.*

*Come with us as we will aim to flush out the difficult issue(s) and find some healing and strength.*

### Addiction / Relapse Prevention (1.5 hrs.)

*When something begins to have a negative impact on our lives, and the ability to stop it is missing, this loss of balance and coping is a dependency issue. This can be debilitating. Drugs are only a portion, even a "good" thing can be addictive.*

*We will look at the physiology of the brain and many principles to help end the vicious cycle and tools to help keep it that way.      Addiction is not the problem – it's the wrong solution!*

### Anger / Stress Management (4 hrs.)

*Everyone has anger and stress, and depending on our temperament, and background, these are too often a negative part of life instead of a positive challenge. Some surprisingly simple techniques, and some not so simple principles, can bring the turn around.*

*Trauma, Abuse and Crisis issues are covered here as well.*

***\*All of these classes, and courses, have been developed, tested, and taught with positive result***

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## COURSES:

### FORWARD (3-8 hrs.)

*Is a combination of, any selection (of 2 or more) or, all of the above topics into a concise powerhouse toolbox!*

### ASCENDENT (8 hrs.)

*Everyone has faith, and when we take a look we will find a transcendent truth that is closer and more prevailing than we dared guess.*

*While connecting it to our dependency issues we will go on a journey that surveys the whole area of faith and reality from our beginning to end, and in between, from smallest to largest and throughout!*

*Science, Theology, Philosophy all point us to hope!*

Inquire to request other similar topics, and courses.

[admin@tradenconsulting.net](mailto:admin@tradenconsulting.net)

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