

HEARTCONNEXION SEMINARS

HeartConnexion Ministries offers learning tools for creating and growing a spiritual life while living in the real world with real challenges. We honor every person's spiritual journey and faith tradition.

BreakThrough provides tools, in an innovative four-part experience, that guide you to overcome the fear of criticism, failure, rejection, commitment or success, and replace it with a focus on gaining respect and creating a life that works. Participation in

BreakThrough serves as a foundation for additional seminars, workshops and retreats offered by HeartConnexion Ministries.

PurposeConnexion

enables you to connect with your core purpose so that you live intentionally. Being "on purpose" inspires you to

realize your own dreams rather than those others have for you.

MarriageConnexion lays the foundation for married couples to strengthen their commitments. Healing wounds and resolving past conflicts frees you to re-establish—and model—healthy relationships for your family.

SpiritualConnexion presents opportunities to recognize, claim and nourish your spirituality, and discover God as the source of grace and encouragement as you write the story of your life.

Spiritual Direction and Personal Counseling enables individuals, couples and families to deal with daily challenges in healthy ways.

WE WELCOME EVERYONE

HeartConnexion Ministries is a Christian organization. We respectfully welcome anyone, regardless of faith tradition, who is seeking to co-create with God a more effective and purposeful life.

OUR FOUNDERS

HeartConnexion Ministries was founded by Paul Fitzgerald, DMin, and Susanna Fitzgerald, MSW.

Dr. Fitzgerald is an ordained minister who offers pastoral care, teaches spiritual formation and leads experiential trainings. Susanna Fitzgerald is a counselor with many years of experience. She enjoys assisting individuals and families who want to break the barriers that are inhibiting their sense of fulfillment in life.

OUR BOARD

HeartConnexion Ministries is a 501c(3) not-for-profit organization that was founded in 1997. The eight-member voluntary Board of Directors includes laypersons and clergy from several Christian faith traditions.



HOW TO GET IN TOUCH

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**A Training Experience in
Spiritual Formation and
Personal Effectiveness**



913-492-8820 www.heartconnexion.org

WHAT PARTICIPANTS HAVE SAID ABOUT BREAKTHROUGH

"BreakThrough is not passive like an ordinary seminar. It's an action-learning experience that I will carry with me for the rest of my life."

"Before BreakThrough, I molded myself according to other people's expectations. Now my relationships are more truthful, honest and real, and I can express myself without fear."

"My life felt empty. I didn't realize how powerful my "stuck" points were. I learned that I'm not alone in my pain and that I can break through all the things that held me back."

"I find BreakThrough to be deep and sacred work. My walk with God is stronger and deeper. As a pastor, I will recommend the BreakThrough experience to many."

"Each day of my life has become a blank piece of pure white paper. I've discovered a freedom I've never known. I have choices that I didn't know I had."

"Though life has trials, crises, negative people and hard choices, I have learned a new way of responding. I have a more powerful, confident, productive way of looking at life."

"Before BreakThrough, I blew up over the slightest annoyance and hurt my family a lot. Now, my children aren't afraid of me anymore."

"BreakThrough helped me jump-start my life and see myself as God sees me. Now I know that my life is worth celebrating and cherishing."

EACH LIFE IS AN UNFINISHED STORY

BreakThrough is about acquiring tools to improve the quality of your life. Whether you have stepped confidently or stumbled, achieved goals or fallen short, felt contentment or disappointment, the rest of your life story will depend largely upon how you describe it to yourself.

If your life is not working, believing that you can improve it may be hard to accept ... or it may be very good news. You may be experiencing the deterioration of a relationship or a job. Perhaps you feel driven by guilt and fear and find yourself repeating old patterns of thinking and behaving. Or, you may be isolating yourself and imagining that even God is against you.

BreakThrough gives you the opportunity, in a safe environment, to identify and examine the validity of the beliefs that have shaped your life story. Then, you can realize your true potential by choosing the beliefs that work well for you and create a future very different from your past.



THE PAST NEED NOT DEFINE YOUR FUTURE

Only you know what it's been like to live your life and how past experiences still impact your decisions. You may remember specific events that linger with you, continue to shape your choices and limit the quality of your life ... or you may not see the connection at all. BreakThrough is a safe place to explore the impact of your past, learn how to keep what empowers you and let go of the rest.

Though you can't rewrite history, you'll discover that suffering is not a given and that you can increase your capacity to live confidently and effectively. You'll identify healthy spiritual resources that give your life meaning and purpose.

YOU CAN LEAVE OLD HURTS BEHIND

The first step in writing a different life story is recognizing that you're "stuck" in some area of life and you're wanting more for yourself and others who have been affected by your choices.

BreakThrough 1 gives you the opportunity to identify the self-limiting thoughts and behaviors that are interfering with your effectiveness at home or on the job. Getting "real" is the first step in composing a different life story, one that works. (2-1/2 days)

YOU CAN WRITE A DIFFERENT STORY

The foundation of real change is in acknowledging your patterns of making unwise decisions and choosing unhealthy behaviors to avoid failure, disappointment or pain.

In *BreakThrough 2*, you'll experience the freedom to begin composing a different future. You can stop letting the past define you, stop living from the sidelines, and start living boldly and confidently. And you'll discover for yourself how your spiritual journey can become a resource for your life story. (4-1/2 days)

YOU CAN LIVE IN THE HERE AND NOW

As you co-author a different life story, you'll need tools to manage your emotions and break the patterns of the past. In *BreakThrough 3*, you'll learn to discern past losses and disappointments as simply your backstory. You'll appreciate the value of your history for lessons learned ... lessons that have taught you compassion and given you the confidence and ability to appreciate the blessings of the present. (2-1/2 days)

YOU CAN START WRITING THE REST OF YOUR LIFE STORY

You'll discover that a well-lived life may not follow a straight line, but a winding path; and, that God's grace shines upon you, even when you stumble.

BreakThrough 4 equips you to define yourself and use your strength and vitality to set personal and spiritual goals to live effectively. By using the tools you've acquired in BreakThrough, you can live your best life and look forward to tomorrow from this point forward. (2 days)