

What Is GC

Regardless of where you are in life, our Growth Challenge program is by far the most impactful program The Kitchen Table has to offer. This 3-stage program is designed to get you to **DISCOVER** your true God-given identity, **DECLARE** that identity and anchor it deep in your heart of hearts, and then **ACT** out of that identity through purposeful intentions in your every day life.

Growth Challenge is not about changing who we are *but rather remembering* who we were created to be. It is not lost to you, it's just buried, hidden, protected deep in your heart because it has not been safe to show the real you or because you have been wearing a mask; the one you are hiding behind and have been wearing for so long you have come to believe that it is who you are! So...

come
**REDISCOVER
YOU!**



“Going through Growth Challenge several years ago, it helped me reconnect with community and helped me find identity.”
- Danny, Lafayette, LA

“Our marriage at the time was not so good. So, of course, everything was about him. I was bringing him because he needed to change. But ultimately once we got to Growth Challenge its all about you and your purpose and what God created you to be as a human being and what you have to offer this world.”
- Candice, Opelousas, LA



“Before I did Growth Challenge 1, I was dead in my life. I was dead in my heart, in my soul. I was stuck. I had no life in my eyes anymore. I went through GC1. I started to make subtle changes in my life. But it wasn't until I went through GC2 that a huge domino effect of things started happening.”
- Mallory, Lafayette, LA

Pull Up a Chair!

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THE Kitchen Table
COUNSELING & LIFE COACHING

*Growth
Challenge*

**GC1
DISCOVER**

**GC2
DECLARE**

**GC3
ACT**

GROWTH CHALLENGE TEEN
I AM...

#TakeTheChallenge

Who We Are

The Kitchen Table Counseling and Life Coaching is an inviting, safe space where you can come as you are to reclaim your identity and reframe your story. Our counselors and coaches partner with you to live transformed: body, soul, spirit around your own kitchen table.



We believe all people have within themselves the ability to heal their mind, body and spirit. We provide the necessary support, education and guidance for people to heal and to reach their fullest potential in life.

We welcome everyone to
Pull Up a Chair
here at The Kitchen Table!

GC1-DISCOVER Your True Self

GC1 is an action-packed two and a half days consisting of experiential exercises, small-group discussion, mini-lectures, and individual focused coaching. Come discover and get past the many limiting beliefs that have kept you blocked and living small.

GC1 will enable you to build connections with others, while you claim and declare your true identity.

GC2-DECLARE Your True Self

GC2 is a powerful three and a half day workshop that anchors your identity through experiential exercises, small-group discussion, mini-lectures, and individual focused coaching. In GC2, you get an opportunity to deepen your commitment to yourself, while continuing to stretch your comfort zone. You will become increasingly aware of what works and doesn't work in your life..

GC2 challenges you to live transformed through your GNA, God Named Authenticity!

GC3-Take ACTION

GC3 is a six-week commitment to yourself organized around action and accountability.. We all have dreams and goals, yet less than 90% of people actually achieve them. Nothing is real until action is taken.

GC 3 invites you to live from a declared identity and purpose, becoming the hands and feet of Jesus to ourselves and others in the community.

GC Teen



GC Teen is an action packed weekend for high school teenagers to connect with others and discover their true identity. This training combines a personal growth experience with experiential learning activities that take place in both indoor and outdoor settings. Working together, these teens learn leadership, teamwork and how to be real with one another, empowering them to show up as their authentic, true selves.

IT'S A
powerful life changing
WEEKEND!

“ I felt like I could just talk and they would just listen, they listen very well. I would definitely recommend coming. It's fun and you learn a lot of things, and meet a lot of new people.”

- Jordan, Broussard, LA