



# ILLUMINATE

SPRING 2025 COHORT OFFERINGS

PROVIDENCE HEIGHTS



# *Vision & Mission*

**We equip and connect women to deepen their faith and discover their purpose so they can disciple and lead across generations.**

Illuminate is an educational ministry centered on our vision to help women change the trajectory of their lives so they can thrive in pursuit of God's purpose. Our unique approach is built upon improving Biblical literacy, fostering spiritual growth, and promoting leadership development within an intimate, supportive environment.

Through our dynamic cohorts, women not only deepen their faith and discover their true purpose but also evolve into impactful leaders, charting a course to live a Christ-like life to the fullest.

## Deepen

Do you feel *stuck*, unsure of where God is leading you next?

## Discover

Are you *longing* for an intimate community of women who also desire the Lord?

## Develop

Is your heart *yearning* for healing and wholeness?

## Discern

Are you *ready* to take your leadership to the next level with God's guidance?



## What we Offer

Illuminate Cohorts offer an unparalleled, enriching environment for women to embark on a transformative journey of personal and spiritual growth. Here, you'll join a vibrant community of wholehearted individuals, all committed to deepening their faith and honing their leadership skills. **Together, you'll unlock hidden potential and confidently embrace your God-given calling, supported every step of the way.**

## Program Value

The value of our cohorts far *exceeds* the price tag. As a nonprofit, we are committed to making these transformative experiences accessible to everyone.

In total, the *value* of an Illuminate cohort is approximately **\$3,500**

The participant cost for a transformational journey is **\$649**.





## Program Cost

**\$649**  
per journey

- ☑ Offered in the Spring and Fall, this program runs 18 weeks long.
- ☑ Weekly one-hour live Zoom classes taught by accredited theological and pastoral leaders, counselors, and educators.
- ☑ 3 one-on-one Coaching by a distinguished team of credentialed life and business coaches.
- ☑ Six transformational journeys to choose from that help women deepen their faith and discover their purpose.
- ☑ Limited to 15 women per journey.

## Illuminate Cohort Leaders

Our custom curriculum stands out due to the unparalleled expertise and dedication of our team. Our cohort leaders are made up of experienced pastors, certified life coaches, licensed therapists, and a doctorate-level psychologist.

Remarkably, 80% of our instructors and facilitators hold advanced graduate-level degrees or certifications, underscoring their status as recognized experts in their fields. This extraordinary blend of qualifications, grounded in faith and excellence, ensures that our curriculum is crafted and delivered with the utmost proficiency and care.



## Instructors



**CHRISTINE RUSSELL**

MA in Clinical Mental Health Counseling, Liberty University  
BA in History & Classics, Fresno Pacific University



**EMILY JAMIESON**

MA in Applied Biblical Leadership, Western Seminary  
BA in English Language & Literature, Dartmouth College



**DR. JEN MCWATERS**

Doctorate in Clinical Psychology, Azusa Pacific University  
MA in Clinical Psychology, Azusa Pacific University



**JULAINE SMITH**

CPA & former Fortune 500 CFO  
Author & Founder of G Corporation®  
25+ years of experience in business development



**KELSEY OZMENT**

Certified Enneagram Life Coach  
MA in Counseling, Northwest University



**LEANNE KONZELMAN**

MA in Counseling & Psychology, Northwest University  
BA in Comms & Business, Seattle Pacific University



**MEGAN JOHNSON**

MA in Applied Biblical Leadership, Western Seminary  
Certificate in Theology, Western Seminary



**PA'LEE SHOWALTER**

Certificate in Forced Migration, Oxford University  
Former Entrepreneurship Director, University of Chicago  
BS in Biology, Westmont College



**TARYN VARADY**

Founder of Ignite Strategies Executive Coaching & Business Consulting  
BA in International Studies & Comms, University of Washington

## Life Coaches



**AMY BENTHIN**

Certified Life Coach (Coach Training Edu.)  
Revelation Wellness® Certified Instructor  
BA in Communications, UNC-Chapel Hill



**CAMILLE PATERSON**

Certified Life Coach (Dream Releasers Coaching)  
MA in Organizational Leadership, Wheaton College

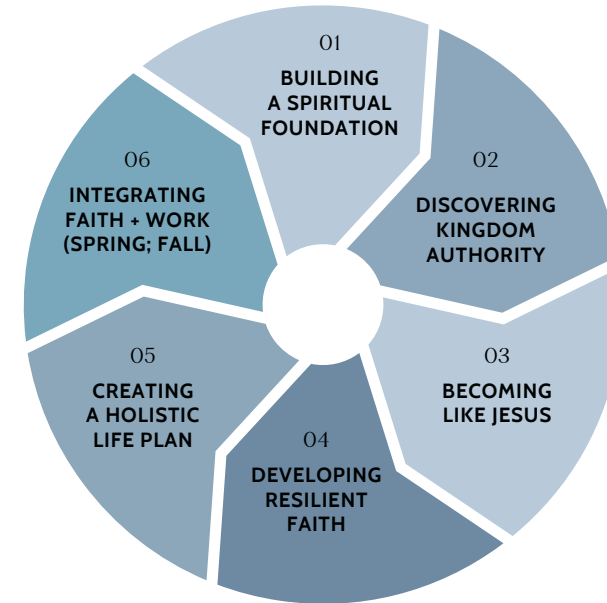


**KATIE MATHEWS**

Certified Life Coach (Dream Releasers Coaching)  
Founder of Limitless Journey 501(3)(c)  
Author of Unparalyzed: Shattering Limits While Finding Freedom

# Choose Your Path

## The Six Journeys



- 01 Ignite a deeper prayer life, enhance community influence, and align your passions.
- 02 Learn about the power of pacing and prophecy to reclaim your identity for Kingdom transformation.
- 03 Integrate Jesus' teachings into everyday life to embody your faith and awaken your purpose.
- 04 Overcome limiting beliefs to build solid faith and transform skepticism into hope.

- 05 Work with a clinical psychologist to clarify goals and craft a mission statement aligned with your values.
- 06a *Spring* | Integrate faith with work through insights from Christian thinkers.
- 06b *Fall* | Fuel your passion for building a purpose-driven ministry, organization, or business.



How do I know *which* journey to choose?

We offer six transformational journeys for women in our cohort, each designed to be selected based on your needs rather than a linear path. To help you get started, read the participant descriptions below and choose the one that resonates with you most.

## 01

“I’d like to improve my prayer life, grow in character and influence, and understand my design and purpose.”

I’m ready to build a *spiritual foundation*:

**01 BUILDING A SPIRITUAL FOUNDATION**



## 02

“I struggle to slow down and have too much on my plate, but I know God has called me to great things. How do I balance both?”

I’m ready to *slow down and power up*:

**02 DISCOVERING KINGDOM AUTHORITY**

## 03

“I want to understand what it means to be like Jesus and follow Him wholeheartedly.”

I’m ready to *love and live like Jesus*:

**03 BECOMING LIKE JESUS**





## 04

“I struggle with limiting beliefs and skepticism. I need help finding hope when my faith feels fragile.”

I'm ready to *fortify my faith and grow in grit*:

**04 DEVELOPING RESILIENT FAITH**

## 05

“I'm ready to create a life plan with clear next steps for living the way I want.”

I'm ready to do the work of *putting together a plan for who I want to become*:

**05 CREATING A HOLISTIC LIFE PLAN**

## 06a

“I want to better integrate my faith into my work and learn how leading thinkers put their ideas into practice.”

I'm ready to *revolutionize my work* life by integrating:

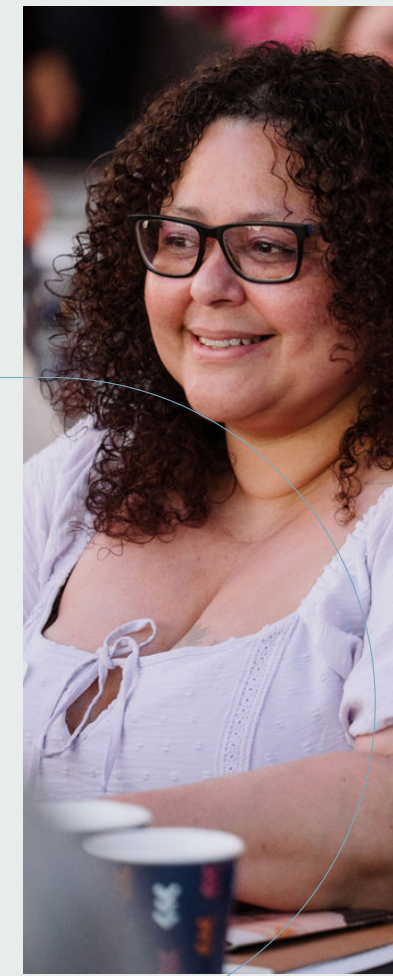
**06a INTEGRATING FAITH AND WORK (SPRING)**

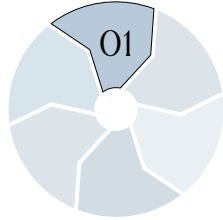
## 06b

“I have an idea and I'm ready to build a business plan and financial model through the lens of redemptive entrepreneurship.”

I'm ready to *fuel my passion* for building a purpose driven ministry, organization, or business:

**06b INTEGRATING FAITH AND WORK (FALL)**





## Building a Spiritual Foundation

**This course focuses on igniting an intimate prayer life, enhancing your community influence, and aligning your passions with divine purpose.** Deepen your connection with God, foster courageous dialogue within your community, and channel your God-given passions for meaningful Kingdom impact.

CLASS TIME	SCHEDULE BREAKDOWN
12:00 - 1:00 <sup>PM</sup> PST	<b>Class 1:</b> January 7 - February 13, Tuesdays <b>Class 2:</b> February 25 - May 22, Wednesdays <b>Class 3:</b> April 15 - May 22, Wednesdays

*Building a  
Spiritual  
Foundation*

### CLASS 1

#### Personal Leadership

Foster a culture of courageous conversations by embracing difficult moments and building resilience to positively impact your community and advance His Kingdom.

### CLASS 2

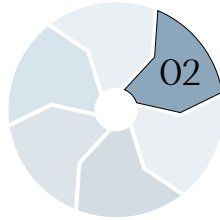
#### Spiritual Formation

Discover fresh and life-changing ways to connect with God, learn how to talk with Him, and tune into His responses to deepen your relationship, embrace authenticity, and build confidence in your prayer life.

### CLASS 3

#### Identity + Purpose

Learn how to use your God-given passions to make a difference in His Kingdom through identity work and self-discovery.



## Discovering Kingdom Authority

**This course aligns God's best for your life by teaching you to pace yourself and harness your power as a daughter of the King. Begin by learning to slow down and listen to Jesus amidst life's distractions. Next, uncover hidden aspects of your identity to unlock your potential for Kingdom transformation. Finally, address shame and family dynamics to embrace your biblical identity, personal agency, and foster healthy relationships.**

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*Discovering  
Kingdom  
Authority*

### **CLASS 1**

#### Slow Down Spirituality

In a fast-paced world, slow down to follow Jesus' pace. Eliminate distractions to hear His quiet guidance and create space for creativity and soul rest.

### **CLASS 2**

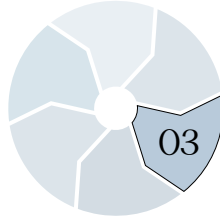
#### Reclaim Spiritual Authority

Discover how to lead in unexpected areas by addressing and embracing the neglected aspects of your Gospel-informed identity, unlocking your full potential to transform the Kingdom.

### **CLASS 3**

#### Relational Breakthroughs

Address shame and family dynamics to understand your role and embrace your biblical identity, taking responsibility for fostering healthy relationships.



## Becoming like Jesus

In a world obsessed with celebrities, success, and power, this course offers a refreshing biblical approach to living like Christ. In this course, discover how to embrace both your spiritual and human side and discover the profound beauty of a humble, cruciform life. Learn to see God in everyday moments, tap into the transformative power of serving others, and explore the inspiring connection between faith, art, and imagination. In this course you will revolutionize your approach to faith, life, and leadership, and break free from the cultural pressures of “not-enoughness.”

CLASS TIME	SCHEDULE BREAKDOWN
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*Becoming  
like Jesus*

### CLASS 1

#### Sacred Creativity

This course explores the intersection of faith, art, and imagination and unpacks the biblical argument that artistic endeavors are deeply connected to spiritual life.

### CLASS 2

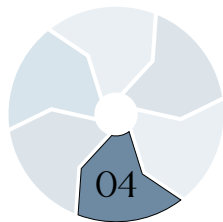
#### Sacred Leadership

Experience the transformative power of serving like Jesus by prioritizing and meeting the needs of others.

### CLASS 3

#### Sacred Humanity

The course highlights our dual nature as spiritual and human beings, encouraging us to embrace daily life, appreciate the unseen, and experience Christ in every moment.



## Developing Resilient Faith

Life's challenges can be God's greatest gifts. This course empowers you to confront and overcome limiting beliefs, transforming skepticism into hope and replacing fragile faith with a solid foundation. Shed much needed light on hidden hopelessness in order to overcome worry and anxiety through unwavering trust in God's intimate and loving care. Covering extensive biblical terrain, this course also serves as a primer for those looking to enhance their biblical literacy.

CLASS TIME	SCHEDULE BREAKDOWN
10:30 - 11:30 <sup>AM</sup> PST	<b>Class 1:</b> January 7 - February 13, Wednesdays <b>Class 2:</b> February 25 - April 3, Wednesdays <b>Class 3:</b> April 15 - May 22, Wednesdays

*Developing  
Resilient  
Faith*

### CLASS 1

#### Founded on Hope

Identify and challenge limiting beliefs to transform disbelief into hope. Participants will uncover and replace hidden hopelessness with new pathways of hopeful living.

### CLASS 2

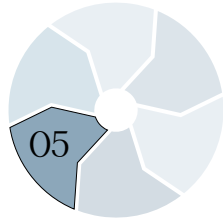
#### Freedom from Worry

Overcome worry and anxiety by placing unwavering trust in God's care, allowing you to face life's challenges with courage and freedom.

### CLASS 3

#### Experiencing Biblical Abundance

From Eden to Acts, God reveals the depth of our blessings in Him. Rediscover a strong, biblical understanding of blessing and reject the world's false comfort.



## Creating a Holistic Life Plan

In this hands-on course, you'll work directly with a clinical psychologist to clarify your goals and seek God's guidance in crafting a personal mission statement that truly reflects your core values. Overcome shame, tackle obstacles, and build healthy habits like quality sleep, nutrition, and self-care. Discover how to align your actions with your values and live authentically according to your divine purpose.

CLASS TIME	SCHEDULE BREAKDOWN
10:30 - 11:30 <sup>AM</sup> PST	<b>Class 1:</b> January 7 - February 13, Thursdays <b>Class 2:</b> February 25 - April 3, Thursdays <b>Class 3:</b> April 15 - May 22, Thursdays

*Creating a Holistic Life Plan*

### CLASS 1

Discover Growth Zones

Clarify your goals and desired path, seek God's guidance, and create a personal mission statement aligned with your values.

### CLASS 2

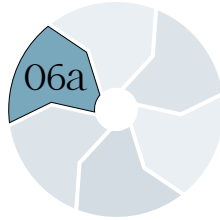
Identify Values + Renewing Mindset

Identify major obstacles, transform thought patterns, and focus on healthy life habits, including proper sleep, nutrition, and physical care.

### CLASS 3

Live out Your Mission

Embracing and aligning our actions with our core values not only fosters authenticity but also ensures that our behavior consistently reflects what matters most to us.



## Integrating Faith + Work (Spring)

This class is a deep dive into integrating faith with work, drawing insights from leading thinkers on how to live out Christian principles in the workplace. It's dedicated to translating our faith into redemptive action, focusing on how our leadership behaviors and the programs, teams, or services we are involved in can reflect Christian values. Join us to explore faith-driven leadership and discover how to take bold steps, trust God, and lead with purpose and conviction.

CLASS TIME	SCHEDULE BREAKDOWN
12:00 - 1:00 <sup>PM</sup> PST	<b>Class 1:</b> January 7 - February 13, Thursdays <b>Class 2:</b> February 25 - April 3, Thursdays <b>Class 3:</b> April 15 - May 22, Tuesdays

*Integrating  
Faith +  
Work*

### CLASS 1

Purpose, Passion, Profits

Led by a top entrepreneurial expert, this course provides a clear roadmap for building a profitable business that aligns with your life's purpose. Learn to unlock your potential and fuel your passion to create a purpose-driven plan that benefits your bottom line, customers, employees, and community.

### CLASS 2

Redemptive Work

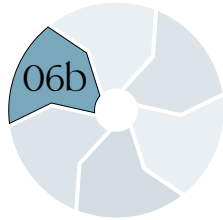
This class integrates insights from top faith and work leaders, focusing on applying Christian faith to our teams, programs, and services. It empowers leaders to foster a mindset of abundance and blessing, prioritizing the well-being of all stakeholders over scarcity, fear, or competition.

### CLASS 3

Integration of Faith + Work

Learn to foster environments where everyone thrives and where work becomes a vehicle for positive, transformative impact. Cultivate a leadership style and work culture that truly embodies the spirit of Christian faith in every aspect.





## Integrating Faith + Work: GCorp<sup>®</sup> (Fall)

As business leaders in God's economy, we should base our success on God's ideas and presence rather than just our own resourcefulness. You'll learn to be a faith-driven, generous leader, positively impacting your bottom line, customers, employees by developing a business plan and elevator pitch.

CLASS TIME	SCHEDULE BREAKDOWN
12:00 - 1:00 <sup>PM</sup> PST	Class 1: August 12th - September 18, Thursdays Class 2: September 23 - October 30, Thursdays Class 3: November 4 - December 18, Thursdays

Integrating  
Faith +  
Work

### CLASS 1

G Corporation<sup>®</sup> 1 | *Faith-driven Entrepreneurship*

Learn what it means to be a faith-driven leader, embracing your calling to fulfill God's purpose in your work and life.

Explore how to take bold steps, trust God, and lead generously in business or career with a supportive community.

### CLASS 2

G Corporation<sup>®</sup> 2 | *Financial Stewardship and Modeling*

Discover a practical plan to unlock your potential and build a purpose-driven organization that impacts your bottom line, employees, customers, and the world.

### CLASS 3

G Corporation<sup>®</sup> 3 | *Financial Stewardship and Modeling*

Learn to integrate God's inspiration into building a world-class company. Gain insights into business planning and use the Business Model Generation Canvas to design or improve your enterprise.

READY TO BEGIN

Apply

*to the program*

Explore our website to discover our diverse offerings and find the cohort that aligns with your spiritual journey. Embrace this opportunity to grow and transform in response to Jesus' calling on your life, and take the next steps He is guiding you toward.

<https://providenceheights.org/apply>





BEGIN YOUR JOURNEY

Request

*more info about our  
scholarship opportunities*

If you are interested in applying to one of our cohorts, but do not have the means to pay the full amount, please get in touch with us. Our goal is to make our program accessible to every woman.

Send an email to: [info@providenceheights.org](mailto:info@providenceheights.org)

Call us at: 425-436-0854

There is urgency  
for women to be *empowered*,  
for families to be made whole,  
for relationships to flourish,  
to stop hopelessness dead in its tracks  
and for *God* to be at the center of it all.

PA'LEE SHOWALTER, PRESIDENT





[www.providenceheights.org](http://www.providenceheights.org)