



PROVIDENCE HEIGHTS

# PROVIDENCE HEIGHTS

PROGRAM OVERVIEW



# Vision & Mission

At Providence Heights, our vision is to help change the trajectory of the lives of women and their children so that they can thrive in pursuit of God's purpose.

We do that by helping women deepen their faith, discover their purpose, develop as leaders, and determine a path forward, so they can live life to the fullest. Achieving the goals and hopes we have for ourselves can be an overwhelming challenge without guidance and support. That's why our carefully curated program aims to shine a *clear* and *direct* light on hidden potential in a world that consistently obscures the pathway to God-given calling and giftings.







## Program Overview

Providence Heights is a six-month personal and professional development program led by a highly qualified team of credentialed life, business, and finance coaches as well as accredited theological, pastoral leaders, and teachers. The strength of our program lies within the talent of these individuals who have committed time out of their normal practice to invest in empowering women at Providence Heights.

Over the six months, participants meet with an accredited life and/or business coach to upend blind spots, de-escalate triggers, and map a path for growth and

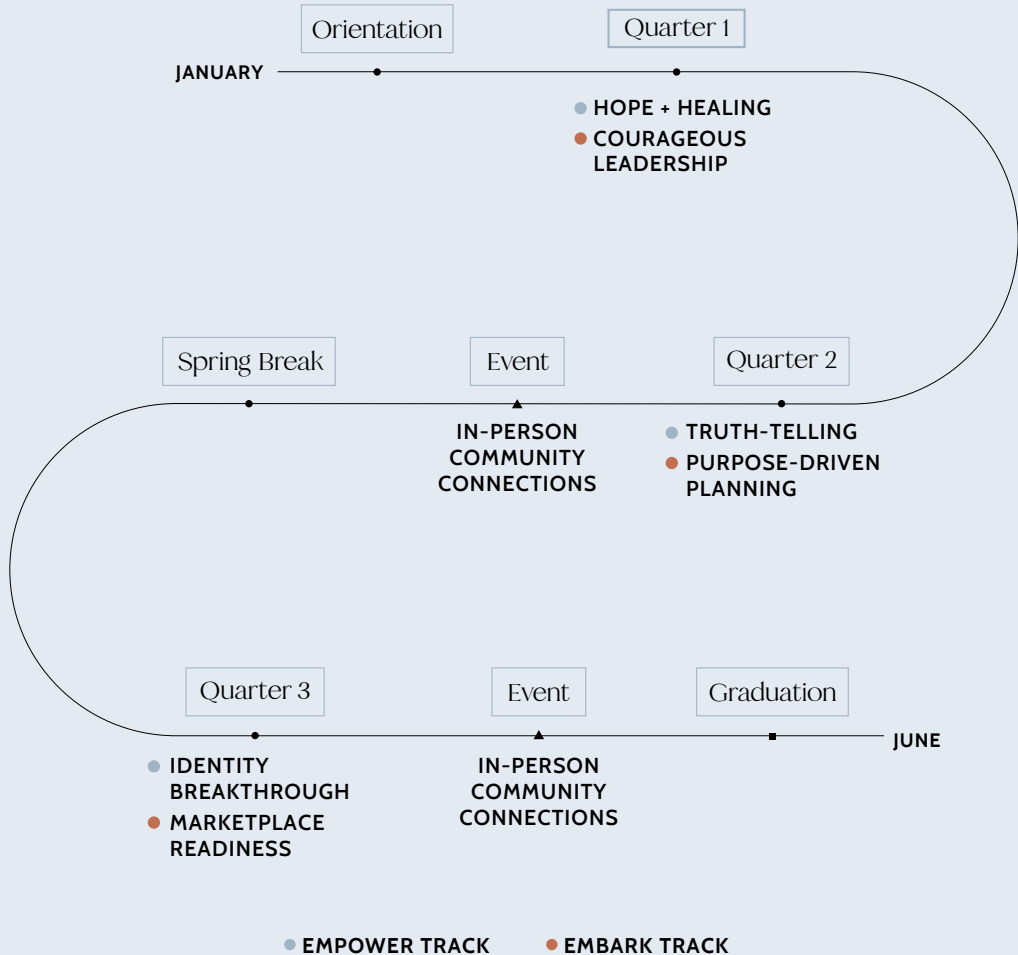
freedom. All tracks include deep and rich discussions in a cohort-style model firmly rooted in scripture.

Our curriculum comprises eighteen unique courses developed in-house and in partnership with authors. These courses are built into our one-of-a-kind interactive workbooks for each track. The framework for each class follows our deepen, discover, develop, and determine framework that mirrors the overarching PH program journey. ♦



We help women  
*deepen* their faith,  
*discover* their purpose,  
*develop* as leaders, and  
*determine* a path  
for transformation.

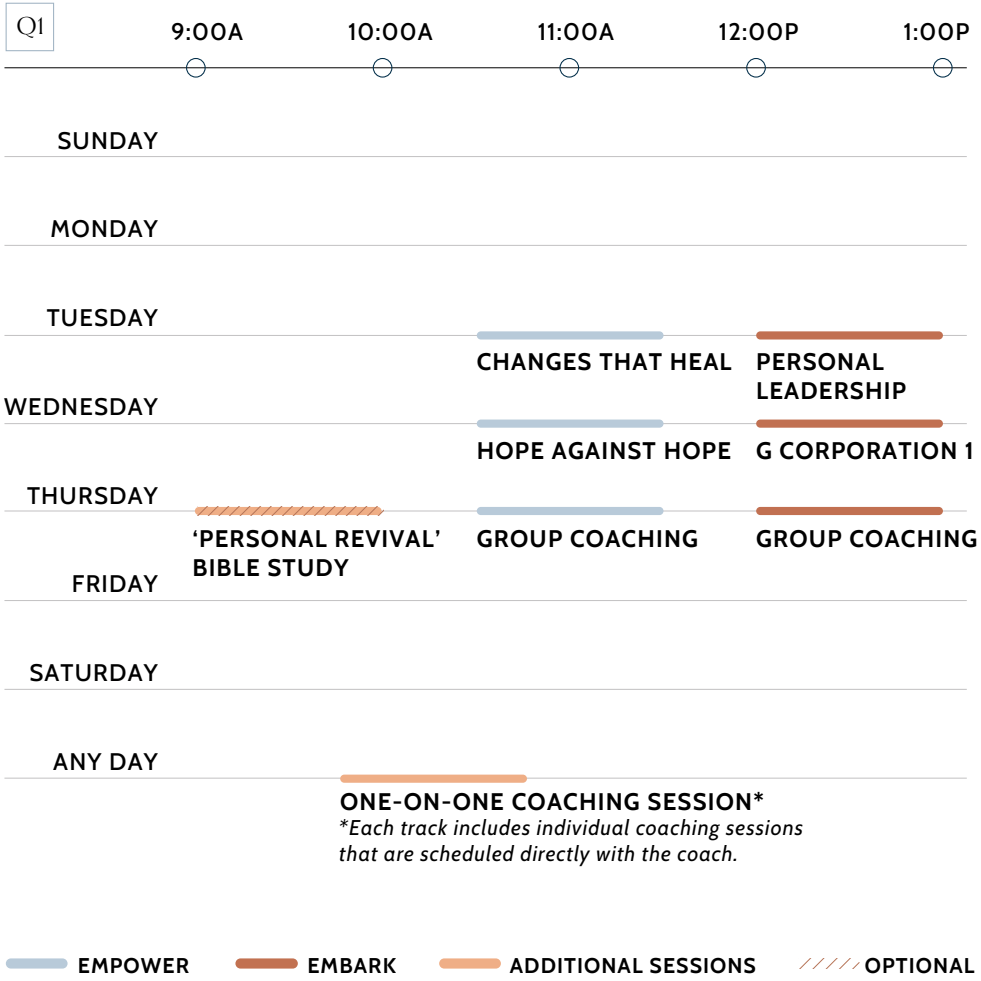
# Journey to *transformation*







# Week-at-a-Glance







## Nice to Meet You



● **ADDY ROGERS**  
Empower Instructor



● **CAMILLE PATERSON**  
Embark Coach



● **CHRISTINE RUSSELL**  
Empower Instructor



● **HANNAH GROVE**  
Empower Coach



● **DR. JEN MCWATERS**  
Empower Leader



● **JULAINE SMITH**  
Embark Leader



● **KATIE MATHEWS**  
Empower Coach



● **MANDY MICHAELS**  
Empower Coach



● ● **MEGAN JOHNSON**  
Embark & Empower  
Leader and Instructor



● **RUBY PEREZ**  
Embark Coach



● **TARYN VARADY**  
Embark Instructor

● **EMPOWER TRACK**

● ● **EMBARK TRACK**

MORE ABOUT

# Empower & Embark



## Program Track & Series

We understand that time commitment and financial cost are two of the biggest hurdles for participants to invest in their personal and professional

growth. That's why we have developed three different tracks to choose from that consider time and cost.♦



# Empower & Embark Track

## PERSONAL AND PROFESSIONAL DEVELOPMENT

Enrollment in this program blends our personal and professional tracks into a six-month immersion course that's highly concentrated on developing your business goals in light of your personal needs.◆

6

CLASSES  
PER WEEK

12

COACHING  
SESSIONS

### LIFE + BUSINESS COACHING

- *Group Coaching*
- *Individual Business Coaching*
- *Individual Life Coaching*

### BEST BUSINESS PRACTICES

- *Business Principles + Planning*
- *Entrepreneurship*
- *Financial Stewardship*
- *Leadership Development*

### SELF-ASSESSMENT + SUPPORT

- *Goal Setting*
- *Personal Identity Development*
- *Resiliency Training*

### SPIRITUAL ENRICHMENT

- *Discipleship*
- *Renewal and Healing*
- *Spiritual Formation*

### NETWORKING OPPORTUNITIES

- *Career Acceleration*
- *Social + Business Integration Events*

● EMPOWER TRACK

● EMBARK TRACK

Q1

## Hope & Healing

### **Changes that Heal**

| *Building lasting and loving relationships*

### **Hope Against Hope**

| *Replacing false hope with biblical hope*

### **Empower Group Coaching**

| *Awakening your goals and developing your personal mission*

Q2

## Truth-Telling

### **Summit Initiative**

| *Discover the power of authenticity, community, and story*

### **Healed by Grace**

| *Exchanging lies for biblical truths*

### **Empower Group Coaching**

| *Awakening your mind*

Q3

## Identity Breakthrough

### **Spiritual Formation**

| *Integrating spiritual disciplines into everyday life*

### **Empower Capstone**

| *Authoring your personal story for lifelong empowerment*

### **Empower Group Coaching**

| *Awakening your goals*

## Courageous Leadership

### **Personal Leadership**

| *The power of empathy and vulnerability*

### **G Corporation 1**

| *Purpose, Passion, Profits*

### **Embark Group Coaching**

| *Unearthing the vision to build with God*

## Purpose-Driven Planning

### **Professional Leadership**

| *WiLD Leaders: whole and intentional leadership development*

### **G Corporation 2**

| *Generous Corporation: modeling Jesus in the marketplace*

### **Embark Group Coaching**

| *Unlocking your creativity*

## Marketplace Readiness

### **Biblical Leadership**

| *The leadership of Jesus & Nehemiah*

### **G Corporation 3**

| *Business Finance*

### **Embark Group Coaching**

| *Market-ready summary of your story, skills, and unique vocational offerings*

# Empower Track

## PERSONAL DEVELOPMENT

Ideal for those who keep running into the same roadblocks or barriers hindering the goals and dreams they deeply desire. With a concentrated focus on personal development, participants are led by professional coaches and Christian leaders to identify trauma, heal from past pain, and embrace a new future. ♦



### LIFE + BUSINESS COACHING

*Group Coaching*  
*Individual Life Coaching*

### SELF-ASSESSMENT + SUPPORT

*Goal Setting*  
*Personal Identity Development*  
*Resiliency Training*

### SPIRITUAL ENRICHMENT

*Discipleship*  
*Renewal and Healing*  
*Spiritual Formation*

### NETWORKING OPPORTUNITIES

*Career Acceleration*  
*Social + Business Integration*  
*Events*





### Quarter 1 | Hope & Healing

**Changes that Heal** | *Building lasting and loving relationships*

**Hope Against Hope** | *Replacing false hope with biblical hope*

**Empower Group Coaching** | *Awakening your goals and developing your personal mission*

### Quarter 2 | Truth-Telling

**Summit Initiative** | *Discover the power of authenticity, community, and story*

**Healed by Grace** | *Exchanging lies for biblical truths*

**Empower Group Coaching** | *Awakening your mind*

### Quarter 3 | Identity Breakthrough

**Spiritual Formation** | *Integrating spiritual disciplines into everyday life*

**Empower Capstone** | *Authoring your personal story for lifelong empowerment*

**Empower Group Coaching** | *Awakening your goals*

# Embark Track

## PROFESSIONAL DEVELOPMENT

A game changer for those looking to make waves and shatter goals in their professional endeavors. With an organized and principled approach to business development, this track will interplay and refine your financial objectives, leadership gifting, and business integrity within the foundation of an entrepreneurial mindset.♦

3

CLASSES  
PER WEEK

6

COACHING  
SESSIONS

### LIFE + BUSINESS COACHING

*Group Coaching*  
*Individual Business Coaching*

### BEST BUSINESS PRACTICES

*Business Principles + Planning*  
*Entrepreneurship*  
*Financial Stewardship*  
*Leadership Development*

### SELF-ASSESSMENT + SUPPORT

*Goal Setting*  
*Personal Identity Development*  
*Resiliency Training*

### SPIRITUAL ENRICHMENT

*Discipleship*  
*Renewal and Healing*  
*Spiritual Formation*

### NETWORKING OPPORTUNITIES

*Career Acceleration*  
*Social + Business Integration Events*



### Quarter 1 | Courageous Leadership

**Personal Leadership** | *The power of empathy and vulnerability*

**G Corporation 1** | *Purpose, Passion, Profits*

**Embark Group Coaching** | *Unearthing the vision to build with God*

### Quarter 2 | Purpose-Driven Planning

**Professional Leadership** | *WiLD Leaders: whole and intentional leadership development*

**G Corporation 2** | *Generous Corporation: modeling Jesus in the marketplace*

**Embark Group Coaching** | *Unlocking your creativity*

### Quarter 3 | Marketplace Readiness

**Biblical Leadership** | *The leadership of Jesus & Nehemiah*

**G Corporation 3** | *Business Finance*

**Embark Group Coaching** | *Market-ready summary of your story, skills, and unique vocational offerings*

# Embark Series

The Embark Series is broken down into three class series and dives deeply into topics of faith and work. These business and purpose focused courses are perfect for aspiring entrepreneurs, leaders, and volunteers who have busy schedules and can only take one or two series at a time. ♦

|                           |   |
|---------------------------|---|
| <b>1</b>                  | <b>2</b>                                    |
| <b>CLASS<br/>PER WEEK</b> | <b>COACHING<br/>SESSIONS<br/>PER SERIES</b> |

## **LIFE + BUSINESS COACHING**

*Group Coaching*  
*Individual Business Coaching*

## **SELF-ASSESSMENT + SUPPORT**

*Goal Setting*  
*Personal Identity Development*  
*Resiliency Training*

## **SPIRITUAL ENRICHMENT**

*Discipleship*  
*Renewal and Healing*  
*Spiritual Formation*

## **NETWORKING OPPORTUNITIES**

*Career Acceleration*  
*Social + Business Integration*  
*Events*





## Leadership Development Series

**Personal Leadership** | *The power of empathy and vulnerability*

**Professional Leadership** | *Becoming an intentional leader by leveraging our unique giftings*

**Biblical Leadership** | *Tracing themes through the stories of biblical leaders*

## Purpose and Creativity Series

**Garden City** | *Unearthing the vision to build with God*

**Creativity Unlocked** | *Transforming your daily life by reactivating creativity*


**Resume Stories** | *Creating a market-ready summary of your story, skills, and unique vocational offerings*

## Marketplace Readiness Series

**Generous Corporation 1** | *Faith-driven entrepreneurship*

**Generous Corporation 2** | *Modeling Jesus in the marketplace*

**Generous Corporation 3** | *Building a solid foundation for your venture*



The truth is that  
everything you need  
for this journey is  
*already* inside you.

## Time & Cost

|                            | COMBINED     | EMPOWER      | EMBARK       | SERIES      |
|----------------------------|--------------|--------------|--------------|-------------|
| <b>COST OF PROGRAM</b>     | \$3,000      | \$1,500      | \$1,500      | \$500       |
| <b>MATERIAL FEE</b>        | \$300        | \$150        | \$150        | \$50        |
| <b>LENGTH OF SESSION</b>   | 6 months     | 6 months     | 6 months     | 6 months    |
| <b>WEEKLY # OF CLASSES</b> | 6/week       | 3/week       | 3/week       | 1/week      |
| <b>WEEKLY HOMEWORK</b>     | 4-6 hrs/week | 2-3 hrs/week | 2-3 hrs/week | 1 hr/week   |
| <b>INDIVIDUAL COACHING</b> | 12x/session  | 6x/session   | 6x/session   | 2x/session  |
| <b>GROUP COACHING</b>      | 24x/session  | 12x/session  | 12x/session  | 12x/session |

Single Track: 72 hours of classroom instruction total  
 Combined Track: 144 hours of classroom instruction total  
 Series: 24 hours of classroom instruction total

## Participant Scholarships

Research shows substantially higher success rates among women that actively contribute toward their own growth and development, something Providence Heights has also found to be true over the years.

However, we are deeply committed to ensuring every woman longing to embark on a journey of transformation has access to our program. With the help of generous supporters, we offer scholarships to those in need of financial assistance. ♦







## Next Steps

1

*Apply to the program*

Explore our website to learn more about our different offerings and apply to the track or series that best suits your season.

<https://providenceheights.org/apply>





## Next Steps

2

*Request more info about scholarships*

If you are interested in applying to one of our program tracks or series, 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



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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

See how Providence Heights program is  
*changing* the lives of women like Ji Hye.





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