



# **Winning in Your Emotions:** **“Emotional Mastery for Believers”**

## **MODULE 2**

**Course Title: Winning in Your Emotions Module 2**

***Emotional Mastery for Believers***

**When:** 3-Days September 25-27, 9:00am – 4:00pm

**Location:** 3502 Spenard Road, Suite A, Anchorage, Alaska

**Facilitator(s)** Bobby Bodenhamer, D.Min. and Michael Davis, Th.D.

**Book:** “Secrets of Personal Mastery”

**Sponsors:** Riverside Church and Healing Rooms of Alaska

**Cost:** \$390.00

***Do you fly off the handle easy ?***

***Suffer from frequent panic attacks?***

***Suffer from speech blocks and unable to communicate?***

***Are you seized with fear?***

***Do you emotionally shut down when challenged or intimidated?***

Through practical bible truths and interactive instruction this advanced level in **Winning in Your Emotions:** Module 2 “Emotional Mastery for Believers you will learn how to master your emotions.

In this module you will learn about the ***perceptual filters*** that influence and determine how we perceive life, relate to others and respond to life’s events and situations. The understanding you gain from this class will enable you to communicate more effectively with others as well as give you insight into the crucial points of leverage that will help to facilitate change in others and in your self.

Paul stated in **Php 4:11**

“Not that I speak in respect of want: for I have learned, in ***whatsoever state I am, therewith*** to be content.” KJV

“Actually, I don't have a sense of needing anything personally. ***I've learned by now to be quite content whatever my circumstances.***” MSG

These verses indicate that Paul knew how to manage his states. He had increased EQ and developed emotional mastery. He managed his “emotional states”.

As humans we navigate between different emotional states. As believers we are admonished to exercise “self control”. The fruit of the spirit in Galatians 5:22 reflects how believers are to manage their “states”. So there is a “fruit management” that comes once we are governed by the Holy Spirit.

In this module you will learn and test your ability to manage “Your States” and develop the fruit of the spirit. In “state management” you will become acquainted and aware of your.....

- Presuppositional attitudes, like “the map is not the territory” or the “menu is not the meal”. Is your perception reality or are they merely internal symbols and representations we created to cope with the pain and unrighteousness? You will be better able to discern the truth. (Romans 1:17-22)
- Ability to identify your perceptual maps and determine whether your beliefs originated with you or if you embraced another’s opinion or preference and it became your “filter”.
- Determination and assessments on whether you give yourself permission to give and receive forgiveness and grace. Are you willing to give yourself permission to eliminate toxic behavior and beliefs and embrace empowering attitudes?
- You will be able to make the mind-body neurological connection and bring healing through questions like
  - Where do you feel this emotion in your body?
  - Is it part of your way of being, in the world?

You will also learn

- How to distinguish a person from their behavior because we are more than our behavior.
- Quality control thinking
- The meaning of communication is the response we get.
- There is no failure, only feedback.
- There is no resistance, only lack of rapport. You will learn rapport techniques and more

And during the 3 day ***Winning in Your Emotions Module 2: Emotional Mastery*** training you will be equipped with incredible skills, tools and strategies that will enable

you to master your own feelings emotions and desires and bring them into submission to Christ so that you are living a life that pleases God and is a light and example to others.

So if you desire to live a more abundant life in Christ, like Christ, we welcome you to explore how to use the power of language on purpose as a tool of transformation and liberty, then join us in Anchorage Alaska for what promises to be a life changing experience.

**Accreditation by:**

This training is approved by The National Board For Certified Counselors to offer continuing education activity for National Certified Counselors. We adhere to NBCC education guidelines -provider #5724

***Bobby G. Bodenhamer, D.Min.***



Dr. Bodenhamer is passionate about seeing the church “repent for the kingdom”. To him this means the church must gain emotional mastery, and become masterful, like Jesus, in her communication skills. He believes that a renewed mind means transformation for the church.

Bob is a seasoned saint, International Master Trainer and communicator earning his under graduate degree (BA) from Appalachian State University in Boone, NC (1972) in Philosophy and Religion with a minor in Psychology. Both his Master of Divinity (1976) and Doctor of Ministry Degree (1978) from Southeastern Baptist Theological Seminary in Wake Forest, NC. The Master of Divinity Degree included training in Pastoral Care with both classroom and clinical work. He has trained pastors, missionaries, therapists, counselors, and professionals in all walks of life. He is known for his cutting edge research and work with stutterers and is the author of *Mastering Blocking and Stuttering*. He has a thriving NLP private practice and is presently serving as pastor of a mission church called Christ Fellowship Community Church, in Gastonia, NC. His time in the pastorate spans 37 years. Since the war in Iraq he has received national acclaim for his therapy for soldiers returning with post traumatic stress disorders. He has co-authored 10 books and taught neuro-linguistic programming (NLP) for 10 years in the Corporate/Community Education program at Gaston College. He offers both certified training for Practitioners and Master Practitioners of NLP and Patterns for Renewing the Mind International. He has a thriving private NLP Therapy practice. Dr. Bodenhamer has served four Southern Baptist churches as pastor. He is the father to many in the body of Christ. He has co-authored 10 books.

**Bobby G. Bodenhamer, D.Min.**

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***Michael L. Davis, Th.D.***



Michael is a spirit filled God chaser, called to equip, empower and educate the church. His passion liberating the church from the western mindset, and bringing transformation through the renewing of the mind. He has a Masters of

Theology degree and a Doctorate in First Century Christianity (2005) from the Centre for the Study of Biblical Research (Division of Graduate Studies) in Redlands, CA and is an Instructor for Hebraic Studies at Upon This Rock Ministries International School of Ministry in West Covina, CA.

Mike has been studying the subject of renewing the mind and the emotions for seventeen years. He received early training from Chaffey Community College and his Meta-NLP Practitioner, Master Practitioner and trainers training under Dr. Michael Hall and Dr. Bob Bodenhamer. Mike is an assistant pastor at By His Spirit Fellowship in Upland, CA as well as a corporate trainer and coach. With his wife Karen he founded the Optimal Performance Group a training organization dedicated to helping individuals and organizations to surpass themselves. For the past five years Mike has been working with Dr. Bodenhamer in presenting a distinctively Christian version of NLP training to the Christian community. Mike has trained internationally and across the United States. He is currently working on two books for the Christian community on renewing the mind and emotional mastery. His passion is to train and teach believers how to renew their minds and live the abundant life in Christ. His ministry mission statement is summed up in Colossians 1:28 "...teaching every man in all wisdom; that we may present every man perfect in Christ". As a corporate trainer, coach and consultant his clients have been:

- Yoplait Yorgurt
- Cisco Systems
- Mattel Inc.
- AT&T
- SBC
- BAE Systems
- Southern California Edison
- Gary Kent and Associated (Real Estate)
- Sun Microsystems
- Q-Logic (software company)
- Melaleuca: The Wellness Company
- Turner Broadcasting (Los Angeles and San Francisco)
- Royal Caribbean Cruise Line

**Mike Davis, Th.D.**

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