



THE BENEFITS OF FORGIVENESS:

- Healthier relationships
- Greater spiritual and psychological well-being
- Less anxiety, stress and hostility
- Lower blood pressure
- Fewer symptoms of depression
- Stronger immune system
- Improved heart health
- Higher self-esteem

CROSSWINDS FORGIVENESS TRAINING

Nearly everyone has been hurt by the actions or words of another. Perhaps your mother criticized your parenting skills, your colleague sabotaged a project, or your partner had an affair. These wounds can leave you with lasting feelings of anger, bitterness, or even vengeance and can also affect your health.

Why is it so easy to hold a grudge?

When you're hurt by someone you love and trust, you might become angry, sad, or confused. If you dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility can take root. If you allow negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice and that bitterness can affect every aspect of your life. Add to that, we are living in a culture that is stressed and angry. What is the answer?

We can help!

In this training you will learn the five enemies of a relationship, what forgiveness is and is not, what true forgiveness is and most importantly why and how to forgive. Forgiveness takes practice but it is a skill that anyone can learn.




CROSSWINDS
EMPLOYEE ASSISTANCE
PROGRAM