



EQU BRIUM

RESTORING A MAN'S BALANCE

Equilibrium is a turn-key retreat resource designed to help men restore balance in their lives anchored on a faith foundation and biblical principles. The curriculum addresses balance in five (5) areas of every man's life - faith, family, friends, fitness and finances. This package unloads the burden of planning and hosting a weekend retreat by providing a leader with quality videos and a plan for reflection, discussion and goal-setting.

Change of Pace + Change of Place = Change of Perspective



As a leader, we equip you with the tools and resources to communicate, recruit and host a retreat, as well as five (5) months of group follow-up. The follow-up mile markers solidify principles learned on the retreat and build necessary disciplines to maintain each man's Godly pursuit of balance and a life of fulfillment.

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JOURNEYMAN GUIDE


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