



## **ZOE NETWORK COURSES**

### **For women at Living Waters Church**

#### **What is it?**

- The ZOE Network is a global enterprise that empowers and mobilizes women and men to thrive in God's mission at home and abroad through biblical discipleship and the power of the Holy Spirit.
- We believe God has given every person a unique "first name." Each of us has a part to play in God's mission, based on our strengths, gifts, passions, personality, and location, and God uses it all for His purposes. Our job is to understand who God has created us to be and then strategically activate, grow and put what He has deposited in us to work. ZOE courses are designed to help in this process.
- The curriculum produced through ZOE RESOURCES is collaborative. These resources are being used in Canada, the USA, South Africa and Asia. We long to create practical resources that can be used in various contexts, enabling leaders to continue raising women for God-sized dreams.
- The ZOE Network Leadership Program at Living Waters consists of 4 individual courses – IDENTITY, THRIVE, RELATE, TOGETHER. Each course comprises six classes, culminating in a graduation ceremony for those who complete all four courses.
- As the courses build on each other, you must have completed the previous course before being eligible for the next course.)

#### **IDENTITY**

It all starts with the IDENTITY course.

Over 1,000 people have completed the IDENTITY course, which has helped them move forward in life and leadership. The course helps women recognize and understand their gifts and abilities, their "first name," and how they are uniquely positioned to participate in God's mission. In IDENTITY, we explore the unique and specific details of who God made you be and what He created you to do.

#### **By the end of the course, you will have:**

- Identified your unique strengths and spiritual gifts.
- Examined Women, Leadership, and the Blessed Alliance, analyzing your own convictions about the subject and creating a plan for further study as needed.
- Completed a leadership timeline to identify and share a "turning point" in your journey
- Answered the questions "Who am I?" and "What did God make me to do?" in light of God's Mission.
- Mapped out your "best next steps" using the IDENTITY Statement and SMARTER goal



## THRIVE

THRIVE is the next step after the IDENTITY course. We take a deep dive into the kind of self-leadership required to live faithfully and fruitfully in God's mission. To truly fulfill our role in God's purposes, we need more than passion; we need spiritual maturity and the ability to lead ourselves well. This course focuses on the holistic leadership of your spirit, mind, emotions, and body, helping you identify areas that need attention, growth, or healing. The goal is growth, so you don't just survive your calling; you THRIVE in it

### **By the end of the course, you will have:**

- Assessed how you best connect with God within the unique person He created you to be.
- Learned to identify and overcome toxic thought patterns that hold you back.
- Labelled emotions and valued the importance of emotional intelligence and how to increase yours.
- Evaluated your thoughts and behaviours surrounding your physical well-being.
- Constructed your personal THRIVE Blueprint to support the part you play in God's mission.

## RELATE

RELATE is the third course in our journey, and it's all about learning to work with others in a way that reflects the heart of God. While we may be passionate about pursuing our God-sized dreams, we often forget one essential truth: we were never meant to do this alone. We need one another. And yet—if we're honest—we often find ourselves resisting each other, holding back, or competing when we're called to collaborate. Why is that? What gets in the way of real connection and Kingdom partnership? What would it take for us to lead together with strength, humility, and grace?

### **By the end of the course, you will have:**

- Discovered how essential the diverse family of God is to His mission—and how powerful true collaboration can be.
- Learned how to recognize and invest in others, creating opportunities for growth and discipleship.
- Developed greater self-awareness about your relational patterns and how they impact your relationships and leadership.
- Identified your personal conflict style, with tools to use it more effectively.
- Gained strategies for handling conflict in constructive, redemptive ways.
- Acquired practical, biblical tools to set and sustain healthy boundaries that protect relationships while honouring God



## TOGETHER

TOGETHER is all about teamwork. We've all experienced the frustration of a dysfunctional team—miscommunication, misalignment, missed goals. However, we've also glimpsed what's possible when people come together with clarity, trust, and a shared purpose. TOGETHER is about building those kinds of teams. In this course, we'll explore what makes a team healthy, effective, and aligned with God's purposes. You'll gain practical tools for collaboration, experience working on a real team, and put your learning into action by completing a small community service project together. This course brings everything you've learned so far into a shared mission. Because when we serve TOGETHER, we go further than we ever could alone.

### **By the end of the course, you will have:**

- Identified the qualities of a great team player
- Learned how to build and sustain a healthy team culture
- Recognized how your strengths—and those of others—can shape team roles
- Practiced leveraging your expertise in a collaborative setting
- Learned how to create a Team Charter and use RACI Charts for clear responsibilities
- Applied accountability and performance strategies to keep your team on mission
- Completed a community impact project as a team

## SENT

This final session brings the year to a meaningful close by focusing on your purpose and the mission God has entrusted to you. We'll reflect deeply on the power of the gospel, the people within your sphere of influence, and the unique ways God is inviting you to participate in His redemptive work. Together, we'll discern the Holy Spirit's vital role. You are not just called—you are sent. This session will help you step into that calling with clarity, courage, and conviction.

## FREQUENTLY ASKED QUESTIONS

### **Why should I take it?**

- ZOE is more than just a teaching series—it's a journey of transformation. Each course is packed with practical tools and guided self-reflection, helping you grow deeper into the woman God created you to be. Whether you're just beginning or have years of experience, there's always more to discover, refine, and activate in your life and leadership. You won't walk this path alone. ZOE also fosters authentic, meaningful friendships as you journey alongside like-minded women who are committed to growing together in faith, purpose, and impact.



### **Where does it meet?**

- We will meet in person at Living Water's Church in Fort Langley.

### **When are the classes?**

- Tuesday evenings 7 – 8.30 pm.

### **Dates for 2025/2026**

1. IDENTITY Weekly from Sept 30<sup>th</sup> to Nov 4<sup>th</sup>, 2025.
2. THRIVE Weekly from Nov 18 to Dec 2<sup>nd</sup>, 2025. Then we break for Christmas and return from Jan 6<sup>th</sup> to Jan 20<sup>th</sup>, 2026
3. RELATE Weekly from Feb 3<sup>rd</sup> to Mar 10<sup>th</sup>, 2026.
4. TOGETHER Classes run weekly from Mar 24<sup>th</sup> to Apr 14<sup>th</sup>, followed by a 3-week break to complete a small community service project. The final class meets on May 5<sup>th</sup>, 2026.
5. SENT May 12<sup>th</sup>, 2026

**GRADUATION will be held on May 19<sup>th</sup>, 2026**

### **How much time will I need to commit to the ZOE courses?**

- Classes run 90 minutes long. There is an additional 2-3 hours of homework each week.

### **How much does it cost?**

- The full ZOE Program (four courses) is available for just \$120.
- Here's the breakdown:
  - Each course is \$29
  - There is a one-time \$33 Strengths Assessment that is completed during the IDENTITY course
  - This year, TOGETHER and SENT are offered free of charge
- If cost is a barrier, don't hesitate to contact Fiona Keen regarding financial assistance.

**[Register your interest](#) or please email [Fiona Keen](#) if you have any questions.**