



THE BODY OF CHRIST IS STRUGGLING TO BE THE SAFE, HEALTHY FAMILY THAT WE, AND THE WORLD, NEED IT TO BE.

Experience the transformative power of relational health in a connected community.



Table & Well Relational Co-Lab

A twenty-four week, live, highly interactive small group learning lab, focused on developing key skills that are proven to heal, transform and mature your relationship with God, yourself and others.

Participants will experience, practice and begin to master living life relationally WELL:

- Walk in Joy & Identity**
- Echo Safety & Belonging**
- Live Relationally Healthy & Mature**
- Lead through Modeling & Invitation**

THE JOURNEY

- Weekly, 90-minute live group sessions
- Two 12-week semesters
- Twelve Life-Changing Relational Skills
- Printable digital workbooks & journals
- Learning through modeling and experience
- Practical practices to integrate into your everyday relational interactions
- Monthly Table Gatherings
- Recommended: Quarterly Retreats
- Optional: One-on-One Coaching
- Optional: Relational Leader Certification

OUTCOMES

- Build deeper connection with God, yourself and others
- Heal from relational wounds
- Develop deep, lasting connection with tribe members
- Discover personal identity and value in larger community
- Be able to relationally lead in your family, workplace and community
- Increase ability to remain safe and stable in challenging situations

GROUPS

- For: Individuals, Couples, and Teams
- Your Community, grouped into “tribes” of six to eight people
- Each tribe led by a T&W Guide
- Learn and practice with one another and develop a close-knit belonging
- Private App and Group Chats

ADDITIONAL INFO

- Fall Co-Labs begin September 2023*
- Winter Co-Labs begin January 2024*
- Spring Co-Labs begin April 2024*
- *Pre-requisite: Community Intro Lab (in-person immersive or 4-week online zoom)
- Investment: \$150 per person, per month for six months

Table & Well: Transformative Experiences for Living Life Relationally WELL

Learn more and schedule a discovery call at tableandwell.org/colabs

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RELATIONAL CO-LAB JOURNEY

Experience the transformative power of relational maturity in a connected community.

Be W.E.L.L.	Learn how to:
<p>Walk in Joy & Identity</p>	<ul style="list-style-type: none"> • Live in joy • Develop trust • Receive • Return to joy from heavy emotions • Begin journey of healthy attachment
<p>Echo Safety & Belonging</p>	<ul style="list-style-type: none"> • Know what you need and ask for it • Identify what brings personal satisfaction • Do hard things • Take care of yourself • Understand how you fit into the big picture of life and community
<p>Live Relationally Healthy & Mature</p>	<ul style="list-style-type: none"> • Have mutually satisfying relationships • Remain stable in difficult situations, help return others to joy • Bond with peers, develop group identity • Take responsibility for actions and how they affect others • Contribute to the community
<p>Lead Through Modeling & Invitation</p>	<ul style="list-style-type: none"> • Protect, serve and enjoy family and community • Take care of younger community members without expecting anything in return • Develop character through healthy correction • Lead through Modeling & Invitation • Endure hardship well

“I found over the course of four weeks that I grew in maturity, recognized some my blind spots, and grew in healthy connections. Table and Well’s material was eye opening and provoking in so many ways.” - Jonah G



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