

THE QUEST PROJECT

Contact Dr. Clay (314)640-1553
email: clayton@thequestproject.com



ADULT QUEST

This past year has been a doozy! It has touched each one of us; some positive lessons learned and some, not so much. Adults had to completely upend their life and their family's life. Some grew closer and some did not.

Typically families see me to enroll their son in The Quest Project®; today I have an equal number of men and women partaking in an "adult version" of The Quest Project. Imagine a group of six women or men, ages 20 yrs. to 64 yrs. of age coming together once a week for 10 weeks to work through issues they feel have prevented them from being the woman or man they want to be!

Are you ready for the opportunity to reconnect with the part of you that intuitively knows what is right? To own your Gift and develop your Life Mission? Adult Quest offers a series of guided imageries & experiential activities, focused group exercises, and healing. Each process has been carefully designed to help find and access their inner strength to support themselves in their daily lives.

Maybe you never had a mentor or healthy example of "how to" become a healthy adult. I see moms, dads, wives, husbands, sisters, and brothers that have done the best they could over the years but realize "something" is missing. Maybe you grew up in a divorced home; you didn't get much time with your mother or father because they didn't have time for you. Maybe mom and dad worked away during your formative years. There are multiple reasons, but the bottom line is you did not have a role model to teach and provide you many of life's most important lessons.

HERE IS WHAT WE COVER:

- ✓ *how to build a safe container*
- ✓ *purpose in life*
- ✓ *conflict resolution*
- ✓ *relationships & values*
- ✓ *unfinished business*
- ✓ *wound work*
- ✓ *discover your gift*
- ✓ *achieve forgiveness*
- ✓ *goal setting and block*
- ✓ *anger shadow*
- ✓ *define your life mission*

Now there is "immediate help and hope!" I am excited about the potential of bringing families closer. My mission: "to create healthy lifestyles by teaching, facilitating, writing, research and example" is my commitment I will continue to research, discover, and publish examples of what I learn in my first-hand experience and intensive feedback from participants.

Are you an adult male or female who missed some important time with your mom or dad and would like to heal? I can help.

Adult Quest will teach you how to clear the noise and live life with purpose and clarity! It will equip you with the tools needed to "take back" control of your life!

Take this journey of discovery to experience your inner landscape so that you can reclaim and define what you want, and more importantly, who you are in your life! Space is limited, call now to reserve your seat.