



## Global Trellis **Rhythms**

Just as a trellis exists to support a plant, Global Trellis exists to support Great Commission workers. As plants experience rhythms of planting, growing, harvesting, and dormancy, we also have annual rhythms that we tie to our life and ministry seasons. Here are the yearly rhythms of Global Trellis at a glance:

AVAILABLE	TITLE	DESCRIPTION
End Of December through January	Reflect On... & Prepare For...	A comprehensive guide for cross-cultural workers to reflect on the year ending and prepare for the next year.
One week in January & One week in September	Sabbatical Journey Course	The sabbatical journey course adapts to any length of home assignment. The course is divided into four quarters: <b>rest, refuel, reequip, and refocus</b> . Access to the entire course is available immediately upon purchase.
One week in June & Two days in December	Annual Debrief	Annual debrief is a comprehensive self-debriefing course for cross-cultural workers to debrief annually, anywhere and anytime, at a reasonable cost.
One week in June & Two days in December	Annual Family Debrief	Annual family debrief is a supplemental, comprehensive self-debriefing course for cross-cultural families. It has two tracks: for those with children ages 3-11 and for those with children ages 12-18. This course allows your family to debrief annually, anywhere and anytime, at a reasonable cost.



August	Aging Parents Cohort	Registration for this 12-month cohort opens in August and runs from September to the following August. Each month the cohort meets to discuss a specific topic (12 topics in all) and to support each other.
Two weeks in the Fall & Two weeks in the Spring	Special Series	Each series consists of 4 blog posts around a specific topic, allowing space to go deeper on that topic.
Weekly	Articles	With the desire to be well-rounded in our development, the articles are written by a team of specialists and cover a wide range of topics such as culture, tcks, grief, leadership, language learning, finances, transition, rest, spiritual direction, life hacks, etc. A complete list of topics can be found on the resources page.
Monthly	Workshop of the Month	Training, support, and empowerment at your fingertips. A new workshop is available each month with early bird pricing. Past workshops are available in the Global Trellis shop.
Quarterly (Generally–January, April, August, and October)	Challenges	Delivered directly to your inbox, these challenges are tailored to your needs on the field and help you to be the cross-cultural worker you’ve desired to be. Some previous topics include newsletter list maintenance, being on a team, and holding your thoughts captive.

Well, there you have it, Global Trellis’s year-at-a-glance, so you can mark your calendars and know when to be looking for something. While we have rhythms, we also have flexibility, so if your needs don’t line up with when something is available (for instance, your home assignment), reach out to us at [info@globaltrellis.com](mailto:info@globaltrellis.com) and we can work with you. We’re here to support cross-cultural workers!