

focused life



Bitesize Beliefs

What we offer

The Myers-Briggs Type Indicator® is the world's most trusted personality assessment tool.

Focusing on an individual's preferences in 4 areas, it provides valuable insights on a personal level and aids interaction with others. Powerful and practical, MBTI helps improve communication and provides a framework for building better relationships, achieving excellence, inspiring creativity, innovation and positive individual and collective growth. As certified practitioners we offer options for either group or individual assessment sessions.



Rosalyn's passion is to help women achieve their potential through individual and group settings.

- Speaking at churches and conferences
- Advising and coaching women's group leaders
- Spiritual direction and mentoring
- Writing devotionals and articles
- Inspiring personal growth and spiritual maturity

Asking appropriate questions is the key to developing an effective strategy whether it is for a commercial organisation, a charitable (non-profit) or a church. And it doesn't matter if it's an existing business, a start-up, or a collaboration/joint venture – everyone needs to start in the same place.

Stephen's analytical approach enables businesses and individuals get to grips with vision and goals together with operational implementation.



Both Stephen and Rosalyn are experienced speakers in churches and at conferences. Offering engaging and interactive presentations their aim is to equip listeners with not just the theoretical principles but also offer approaches for practical application.

They provide a variety of courses and training programs which can be tailored to church away weekends or run as stand-alone events in church groups – large or small.

Equipping Courses

Body Builders is a 4-session course which aims to help participants:

- **Evaluate** and give time to personal development
- **Equip** delegates how they might help others
- **Enhance** communication skills
- **Explore** together with God in a learning environment as disciples



The teaching and skills work draws on counselling, coaching and mentoring techniques, challenging delegates to evaluate their spiritual life and personal relationships. This course is particularly suitable for Church leadership teams; those involved in pastoral care ministry; people working with external community groups, e.g. hospital or care visitation groups and for developing and training those with leadership potential.

'Body Builders was fantastic. I realised that I have the ability to make a real contribution in helping others and it's given me much more confidence.'



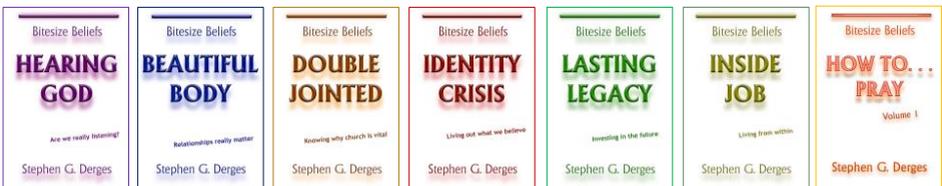
Life Tools is a 6-session program presenting Biblical principles in a practical context. It focuses on:

- **Finding personal focus and direction**
- **Making time count**
- **Self-image**
- **Motivation and attitude**
- **Budgeting and financial planning**
- **Overcoming anxiety and stress**

Life Tools: Sharpening – Shaping – Supporting

Stephen is the author of **'Bitesize Beliefs'** – a series of short books tackling everyday faith issues designed to be read over a cup of coffee.

Bitesize Beliefs



'Stephen's writing may come in bitesize chunks, but it has life changing implications. A thoroughly engaging read for any time of the day, I commend Stephen and his work to you. Read in a moment, but lived out for a lifetime, this is applied Biblical truth with a punch.'

Rev. Malcolm J. Duncan – Senior Pastor of Gold Hill Baptist Church & Chair of Spring Harvest

Who we are

Stephen G. Verges

Stephen has had an eclectic career as Chartered Surveyor and Chartered Banker with over 30 years in the financial and property sectors and as a Senior Manager in a subsidiary of one of the UK's leading banks. He is an accredited consultant with a major Career & Outplacement organisation, coaching and advising thousands of people in terms of their future work aspirations.

For 8 years, he led Bridgnorth Baptist Church through a period of exceptional spiritual and numerical growth. He was the prime instigator of Shropshire Hope and led the annual Shropshire Prayer Breakfast. He also founded and developed a family-focused festival and various other community-based charitable initiatives.

Stephen's principal strength encompasses business strategy and organisational implementation and he particularly enjoys developing teams to achieve their goals. He is the author of a series of short books under the 'Bitesize Beliefs' banner and writes for various Christian websites and publications and also speaks at churches and conferences.

Rosalyn Verges

Having taught in primary education for 25 years, Rosalyn trained with CWR as a Counsellor in 2001 going on to complete her diploma and develop as a Supervisor and Spiritual Director.

She began teaching on the Introduction to Biblical Care and Counselling course in 2003 and is now a member of CWR's Inspiring Women Leadership Team, teaching and participating on their various courses and weekend events.

Rosalyn has delighted in initiating women's ministries in churches with which she has been involved. Developing this ministry is close to her heart and she speaks at national and local conferences and churches.

Both Stephen and Rosalyn are Myers-Briggs Type Indicator® Practitioners.

Contact Us



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