

Topics for Christian Women

1. A Helper? Too Burnt Out to Help Anyone

Have you ever been so busy with church work- visiting the sick, feeding the hungry, comforting the bereaved – that your own tank was literally on empty? Is it possible to do everything that everyone wants and still have time for oneself? This session explores how to determine genuine priorities and remain faithful to the commitments that are consistent with honoring God.

2. Managing My Emotions and Pleasing God – Can This Be?

Often the difference between the genders is boiled down to how each handles emotions. Some might say, “Women have emotions and men don’t.” While that sentiment doesn’t exactly convey truth, the role emotions play in many women’s lives can be indeed overwhelming. The goal of this session is to look at emotions through a healthy lens, recognizing that all emotions were created by God. Participants will be given strategies for recognizing, coming to terms with, and sharing emotions in an appropriate manner.

3. Dare to Remove the Mask* – Becoming a Genuine Woman of God

Too often, individuals hide behind the pictures of Facebook, Instagram or other social media to produce images of their status, possessions and relationships they want to project. Sadly, this phenomenon is not limited to social media; we actually experience a great deal of “hiding behind the image we wish to project” in the Christian community. This session challenges participants to explore areas in which they may wear a mask and provides practical tools for living an authentic Christian life. *Note: This topic was developed prior to covid; the “mask” refers to our failure to be authentic.

4. Keep the Fire Burning – God’s Great Idea

The sexual act has been so degraded in today’s culture that some have forgotten that the sexual act is God’s idea. Knowing that everything God created is good, this session is designed to take a wholesome look at gender differences with regards to emotional and physical needs of one’s mate. Participants will hear the subtle ways that Satan attacks couples in the area of intimacy and how to combat those attacks. Additionally, some

participants may be challenged to rethink their attitudes relative to physical and emotional intimacy.

5. The Impact of Your Marriage on Your Children and Your World

Too frequently, parents fail to realize the ministry of their marriage. This session is designed to help parents, in particular, evaluate the messages heard and lessons learned by their children through daily family interactions. Attending this session will support married couples as they facilitate their child's (children's) spiritual and emotional development.

6. Modeling Expectations – How Adults Are Always Teaching

Do you wonder about the poor choices that you see some children make? Or, are you in awe of young people who seem to have it all together with clear, achievable goals? This session will explore how children learn what they live, recognizing that "living" isn't limited to home; it includes school, church, social settings, and extracurricular events. Powerful, insightful information will be shared concerning the lessons that adults may be unknowingly teaching children. This session is appropriate for all adults, but may be especially helpful for parents and youth leaders.

7. Connecting Emotional and Spiritual Health to Success in the Workplace

High expectations and endless to-do lists can overwhelm even the most competent worker. This session focuses on the core factors that must be in place for individuals to experience success in the workplace. Participants will be encouraged to review personal habits and processes that impact performance on the job. This session is appropriate for church leaders as well as employees in secular settings.

8. Praying – For Real!

One of the greatest privileges that we have as followers of Jesus is to commune with the Father. Yet, the discipline of prayer is often underdeveloped in many believers' lives because so many other tasks scream for our attention. This session takes a look at the behavior that Jesus modeled in the area of prayer, the directives we are given in the scriptures and provides practical strategies that can be used to enhance the prayer life of all who desire to do so.

9. Shaping Behavior - Discipline vs. Punishment

Are you frustrated as you try to address misbehavior with little success? While a core function of parenting children is to teach appropriate behavior, the actual implementation can be challenging for even the best. This session clearly identifies the differences between discipline and punishment and when to use each. Also included are the types of consequences that are appropriate based on the misbehavior and the child's age and ability to comprehend cause and effect. Participants will receive key principles for implementing strategies that shape behavior as desired.

10. Growing Pains

Nobody enjoys pain. Yet, the growth process sometimes requires that uncomfortable sensation of pain in order to move forward. Often, our efforts to avoid pain result in stagnation, missed opportunities, and failure to reach our full potential. This session addresses: 1) obstacles to a healthy growth process; 2) how emotions can stymie growth; and 3) how to implement strategies to move forward while experiencing growing pains.

11. When the Tables Are Turned - Caring for Aging Parents

As parents age, children often find themselves noticing changes in their parents' life skills that demand a closer look. But, when and how does a child actually step in? This session focuses on the role reversal that may become necessary as parents age. Information will be provided to help with decision making, finding community resources for specific needs, and enlisting the support of other family members. Additionally, the critical role of self-care will be included in the session.

12. Know Your Worth – Do I Still Matter?

Have you ever felt that the world is moving so fast that you are no longer relevant? This session sets aside the iPhones, iPads, tablets, and other devices to look at your relevance to God and others, regardless of your age. The wisdom and rich experiences of senior citizens will be highlighted as we interactively evaluate the various methods to minister to others, regardless of one's age. This session is ideal for seniors.

13. Know Your Worth – Does Anyone Take Me Seriously?

Growing up in this fast-paced society can take its toll on even the most confident young person. Trying to keep up with the latest trends on social media, stay popular at school and plan one's future can all seem to be just too much. This session can be presented for teens or young adults. Participants will engage in large group discussions and small group activities as they determine how they should appropriately assess their worth.

14. So You Want to Get Married – What to Do As You Wait

Got the ring or hoping to walk down the aisle before the next decade? This session is for engaged women as well as those who'd like to be, regardless of age. What should you do while you wait for marriage? Becoming the right mate is a much more important aspect of marriage than the often focused on task of finding the right mate. This session will help all participants look introspectively at what is required if one is to be the spouse that God intended.

15. Leading with Heart and Integrity

Do you long to influence and inspire people to fully commit themselves to Jesus? This session is delivered separately for two different audiences. One session is for youth leaders, youth teachers, and other adults with a desire to impact God's kingdom by working with youth. The other session is for leaders who desire or are working with adults. This topic can be presented as a keynote or seminar, but is most impactful as a four-part series workshop. The series format will go in depth in the areas of 1) communication, 2) modeling expectations, 3) forgiveness, and 4) encouragement.

Topics for Christian Education Directors and Church Leaders

1. The Awesome Call of Leadership

The health and growth within a church is directly connected to the preparedness, obedience, skills and mindset of its leaders. This session addresses the critical characteristics of effective leaders. It differentiates between leaders and managers, while highlighting the responsibility of service to those being led. Acknowledging Jesus as the

ultimate Servant Leader, participants are challenged to look critically at their present leadership style and identify necessary changes to lead like the Savior.

2. Remaining Relevant Without Changing the Message*

The world has changed so significantly and rapidly in the last few decades that some believe it's difficult for the Church to remain relevant. Among the most significant changes is the rise in the daily use of technology. Today's young people are digital natives; that is, they haven't experienced a time without technology as part of their regular routine. Effective Christian educators use knowledge of the learner and strategies (technological and others) to engage all students by presenting the truths of the gospel in relevant and applicable ways for every student. This session explores multiple intelligences, the appropriate use of technology when teaching, and the difference between teaching students and teaching curriculum. *This course can be presented as one comprehensive session or as multiple sessions with each session focusing on a specific age group. Those include: 1) preschool, 2) early elementary grades k-3; 3) upper elementary grades 4-5; 4) middle school grades 6-8; 5) high school grades 9-12; 6) college/young adult ages 18 – 22; 7) early career/young adults ages 23-29.

3. The Impact of Your Marriage on Your Children

Too frequently, parents fail to realize the ministry of their marriage. This session is designed to help parents evaluate the messages heard and lessons learned by their children through daily family interactions. Attending this session will support married couples as they facilitate their child's (children's) spiritual and emotional development.

4. Teach Like Jesus

Most, if not all, Christian educators recognize that teaching the Word of God is a high calling. Too frequently, however, those called to teach fail to continually improve their teaching skills. This session identifies specific traits associated with Jesus' teaching style that today's teachers can emulate. Participants will be challenged to look at their current lesson preparation activities, to consider the role of honest feedback in the quest for improvement, and to develop a plan of action for becoming a teacher who will hear the Savior say, "Well done, my good and faithful servant."

5. Addressing Students Who Misbehave

Today's Sunday School, Bible Study, and Vacation Bible School teachers may be challenged by students who lack respect for the adults, their peers, or the church building. Their disruptive behavior can destroy the learning environment if not quickly addressed. This session provides strategies that will help adults maintain control of the class and manage the misbehavior. The presentation includes the various goals of misbehavior and appropriate responses based on the child's needs.

6. Modeling Expectations – How Adults are Always Teaching

Do you wonder about the poor choices that you see some children make? Or, are you in awe of young people who seem to have it all together with clear, achievable goals? This session will explore how children learn what they live, recognizing that "living" isn't limited to home; it includes school, church, social settings, and extracurricular events. Powerful, insightful information will be shared concerning the lessons that adults may be unknowingly teaching children. This session is appropriate for all adults, but may be especially helpful for youth leaders.

7. The Adult Student

This session focuses on the specific needs of adult students of which teachers must be aware. Included in the session are strategies for dealing with students who monopolize class time, those who are afraid to speak up, those who have disabilities that require assistance and those who may be nonbelievers. Participants in this presentation will have the opportunity to practice strategies to respectfully engage all students.

8. Shaping Behavior – Discipline vs. Punishment

Are you frustrated as you try to address misbehavior with little success? While a core function of supervising children is to ensure appropriate behavior, the actual implementation can be challenging for even the best. This session clearly identifies the differences between discipline and punishment and when to use each. Also included are the types of consequences that are appropriate based on the misbehavior and the child's age and ability to comprehend cause and effect. Participants will receive key principles for implementing strategies that shape behavior as desired.

9. Developing Healthy, Fruitful Relationships

Are you surrounded by family members, co-workers or others who add undue stress to your life? Do you ever wonder why you maintain relationships that aren't really working? This session will: 1) establish the characteristics of healthy, fruitful relationships; 2) help individuals reflect on their role in the establishment of boundaries within relationships; and 3) examine how one's personal behavior impacts relationships. This session is appropriate for all adults.

10. When the Tables Are Turned - Caring for Aging Parents

As parents age, children often find themselves noticing changes in their parents' life skills that demand a closer look. But, when and how does a child step in? This session focuses on the role reversal that may become necessary as parents age. Information will be provided to help with decision making, finding community resources for specific needs, and enlisting the support of other family members. Additionally, the critical role of self-care will be included in the session.

11. Know Your Worth – Do I Still Matter?

Have you ever felt that the world is moving so fast that you are no longer relevant? This session sets aside the iPhones, iPads, tablets, and other devices to look at your relevance to God and others, regardless of your age. The wisdom and rich experiences of senior citizens will be highlighted as we interactively evaluate the various methods to minister to others. This session is designed for seniors.

12. Know Your Worth – Does Anyone Take Me Seriously?

Growing up in this fast-paced society can take its toll on even the most confident young person. Trying to keep up with the latest trends on social media, stay popular at school and plan one's future can all seem to be just too much. This session can be presented for teens or young adults. Participants will engage in large group discussions and small group activities as they determine how they should appropriately assess their worth.

13. So, You Want to Get Married – As You Wait

Got the ring or hoping to walk down the aisle before the next decade? This session is for engaged couples as well as those who'd like to be, regardless of age. What should you do while you wait for marriage? Becoming the right mate is a much more important aspect of marriage than the often focused on task of finding the right mate. This session will help all participants look introspectively at what is required if one is to be the spouse that God intended.

14. Leading with Heart and Integrity*

Do you long to influence and inspire young people to fully commit themselves to Jesus? This session is for youth leaders, youth teachers, and other adults with a desire to impact God's kingdom by working with youth. This topic can be presented as a keynote or seminar, but is most impactful as a four-part series workshop. The series format will go in depth in the areas of: 1) communication, 2) modeling expectations, 3) forgiveness and 4) encouragement. Can be delivered as a comprehensive session or 4-part series

Topics for Healthy Churches and Families

1. God's Plan for Marriage

Husbands and wives share a truly unique relationship that was designed by the Creator Himself for the good of mankind. However, a look at married couples around us quickly reveals that not all who have taken the vows are happy, contented, or even fully committed to the relationship. This interactive session gives couples the opportunity to retreat from the busyness of daily life to focus on one another and their relationship. Couples in all stages of marriage, from newlyweds to those who've celebrated the diamond anniversary, will find this session to be fun, affirming and time well-spent as we take a fresh look at the simple and not-so-simple truths of the marriage relationship, as designed by God.

2. Communication Within the Family – The Power of Your Words and Your Actions

Most people readily state that communication is a key ingredient for a healthy relationship. Yet, too often couples find it difficult to engage in the type of ongoing communication that works. This session asserts that healthy marriages have two individuals who are committed to communicate with a commitment to resolution. Unmarried heads of households can also benefit from this session as key elements of genuine communication will be discussed, regardless of marital status. Session participants will observe and practice the dynamics of healthy, respectful, and impactful communication.

3. My Money, Your Money, Our Money

If two can live cheaper than one, why is it that money becomes such a source of conflict in many marriages? This session will explore practical aspects of the impact of money management practices on the health of one's marriage. Couples will have the opportunity to reflect on the priorities of their marriage, the goals each individual aspires to achieve, as well as the couple's goals for the family. Practical tools will be provided to help couples evaluate their current status and determine next steps.

4. Keep the Fire Burning – God's Great Idea

The sexual act has been so degraded in today's culture that some have forgotten that the sexual act is God's idea. Knowing that everything God created is good, this session is designed to take a wholesome look at gender differences with regards to emotional and physical needs of one's mate. Participants will hear the subtle ways that Satan attacks couples in the area of intimacy and how to combat those attacks. Additionally, some participants may be challenged to rethink their attitudes relative to physical and emotional intimacy.

5. The Impact of Your Marriage on Your Children

Too frequently, parents fail to realize the ministry of their marriage. This session is designed to help parents, in particular, evaluate the messages heard and lessons learned by their children through daily family interactions. Attending this session will support married couples as they facilitate their child's (children's) spiritual and emotional development.

6. Modeling Expectations – How Adults are Always Teaching

Do you wonder about the poor choices that you see some children make? Or, are you in awe of young people who seem to have it all together with clear, achievable goals? This session will explore how children learn what they live, recognizing that “living” isn’t limited to home; it includes school, church, social settings, and extracurricular events. Powerful, insightful information will be shared concerning the lessons that adults may be unknowingly teaching children. This session is appropriate for all adults, but may be especially helpful for youth leaders.

7. Connecting Emotional Health to Success in the Workplace

High expectations and endless to-do lists can overwhelm even the most competent worker. This session focuses on the core factors that must be in place for individuals to experience success in the workplace. Participants will be encouraged to review personal habits and processes that impact performance on the job. This session is appropriate for church leaders as well as employees in secular settings.

8. Shaping Behavior – Discipline vs. Punishment

Are you frustrated as you try to address misbehavior with little success? While a core function of supervising children is to ensure appropriate behavior, the actual implementation can be challenging for even the best. This session clearly identifies the differences between discipline and punishment and when to use each. Also included are the types of consequences that are appropriate based on the misbehavior and the child’s age and ability to comprehend cause and effect. Participants will receive key principles for implementing strategies that shape behavior as desired.

9. Developing Healthy, Fruitful Relationships

Are you surrounded by family members, co-workers or others who add undue stress to your life? Do you ever wonder why you maintain relationships that aren’t really working? This session will: 1) establish the characteristics of healthy, fruitful relationships; 2) help individuals reflect on their role in the establishment of boundaries within relationships; and 3) examine how one’s personal behavior impacts relationships. This session is appropriate for all adults.

10. When the Tables Are Turned - Caring for Aging Parents

As parents age, children often find themselves noticing changes in their parents' life skills that demand a closer look. But, when and how does a child actually step in? This session focuses on the role reversal that may become necessary as parents age. Information will be provided to help with decision making, finding community resources for specific needs, and enlisting the support of other family members. Additionally, the critical role of self-care will be included in the session.

11. Know Your Worth – Do I Still Matter?

Have you ever felt that the world is moving so fast that you are no longer relevant? This session sets aside the iPhones, iPads, tablets, and other devices to look at your relevance to God and others, regardless of your age. The wisdom and rich experiences of senior citizens will be highlighted as we interactively evaluate the various methods to minister to others. This session is designed for seniors.

12. Know Your Worth – Does Anyone Take Me Seriously?

Growing up in this fast-paced society can take its toll on even the most confident young person. Trying to keep up with the latest trends on social media, stay popular at school and plan one's future can all seem to be just too much. This session can be presented for teens or young adults. Participants will engage in large group discussions and small group activities as they determine how they should appropriately assess their worth.

13. So You Want to Get Married – As You Wait

Got the ring or hoping to walk down the aisle before the next decade? This session is for engaged couples as well as those who'd like to be, regardless of age. What should you do while you wait for marriage? Becoming the right mate is a much more important aspect of marriage than the often focused on task of finding the right mate. This session will help all participants look introspectively at what is required if one is to be the spouse that God intended.

14. Leading with Heart and Integrity

Do you long to influence and inspire young people to fully commit themselves to Jesus? This session is for youth leaders, youth teachers, and other adults with a desire to impact God's kingdom by working with youth. This topic can be presented as a keynote or seminar, but is most impactful as a four-part series workshop. The series format will go in depth in the areas of: 1) communication, 2) modeling expectations, 3) forgiveness and 4) encouragement.

Series Topics for Parent Groups

1. Child Development – Your Child at Different Ages and Stages*

Children develop at rates that don't always match their chronological age. To complicate matters more, children develop in various aspects at different rates. Physical, social, emotional, cognitive, and language development will be included in the presentation. This session identifies appropriate behaviors and expectations of children according to the child's age and developmental stage. Attending this session will support parents as they facilitate each child's growth toward independent living. *This topic can be presented as a single session overview or multi-session series that goes in depth on each stage of development. Six sessions are recommended.*

2. Communication – The Power of Your Words and Your Actions

This session identifies the multiple methods in which communication occurs. Participants will explore ways in which their behaviors may negate or validate the words they speak. Parents and other influential adults will be encouraged to assess the level of influence their words and actions have on the children in their lives.

3. Building Self-Esteem – Helping Your Child to Feel Good About Self

Are you concerned that negative experiences or bullying are deflating the way your child feels about self? This session is designed to help parents support their child's realization of his/her value and to deflect the negativity that may occur in social interactions.

4. Multiple Intelligences – How Your Child IS Smart*

Not every child is a math whiz or a bookworm, but that doesn't mean that every child isn't smart. This session affirms that each child has intelligence and areas of strength. Participants will learn the various types of intelligence and how to help their children identify their specific "intelligence" and strength. Parents will receive guidance as to how to support each child according to his/her natural intelligence. *This topic can be presented as a single session overview or multi-session series that goes in depth on each area of intelligence. Eight sessions are recommended.*

5. Respectful Behavior – How to Get Along with Others

Is your child having difficulty making and maintaining friendships? Do you see your child repeatedly doing the opposite of what you tell him/her? This session explores the foundations of respectful behavior – common courtesies, manners, and positive regard for others.

6. Modeling Expectations – How Parents are Always Teaching

Do you wonder about the choices that your child makes? Do you want your child to be more assertive or more committed to do his/her best? This session will explore how children learn what they live. Powerful, insightful information will be shared concerning the lessons that adults may be unknowingly and unintentionally teaching children.

7. Understanding How School Works – Helping Parents to Get Involved*

Do you find yourself baffled or unsure of how the school day, school year, or actual classes work when it comes to your child's school? This session provides clear information about how school works. It also breaks down the educational jargon and demystifies the various plans and processes that occur in schools. Attending this session will help you relate to your child better regarding his/her responsibilities and understand the invaluable role you play in your child's academic success. *This topic can be presented as a single session overview or multi-session series that goes in depth on each level (elementary, middle and high) and various aspects of school support. Six sessions are recommended.*

8. Discovering Gifts and Talents – The Importance of Exploration*

Are you certain that the path you've planned for your child is a good match for his/her skills and abilities? Or, do you have a child who seems to have no strong or lasting interest

in anything? Perhaps, greater opportunities for exploration are the key. This session addresses the unequalled power of exploration and discovery when determining one's strengths and best paths for vocations and avocations. *This topic can be presented as a single session overview or multi-session series that goes in depth on various aspects of exploration and the discovery of gifts and talents. Three sessions are recommended.*

9. Shaping Your Child's Behavior – Discipline vs. Punishment*

Are you frustrated as you try to address your child's misbehavior, while having little success? Although a core function of parenting is to teach and train children how to behave appropriately, the actual implementation can be challenging for the best of parents. This session identifies the differences between discipline and punishment and when to use each. Also included are the types of consequences that are appropriate based on the misbehavior and the child's age. *This topic can be presented as a single session overview or multi-session series that goes in depth on effective strategies of discipline and punishment. Six sessions are recommended.*

10. Partnering with Your Child's School – Strategies that Start at Home

Do you want to help your child succeed in school, but are not quite sure how to help? This session will give parents concrete ways to partner with their child's school immediately. Specific strategies will be highlighted that involve children as well as activities that parents can engage in without their children to support the school.

11. Developing Healthy, Fruitful Relationships

Are you surrounded by family members, co-workers or others who add undue stress to your life? Do you ever wonder why you maintain relationships that aren't really working? This session will: 1) establish the characteristics of healthy, fruitful relationships; 2) help individuals reflect on their role in the establishment of boundaries within relationships; and 3) examine how one's personal behavior impacts relationships.

12. Finding and Using Support for Parenting

Have you ever felt overwhelmed or unequipped for the challenges you face as a parent? You're not alone! The job of parenting is one of the most daunting jobs on the planet. No one should try to parent without help. This session explores the various places from which a parent can enlist support – from the immediate and extended family to the faith

community, to the school, and finally to professional organizations. Parents will learn how, when, and where to seek help.

13.Help! I'm a Single Parent!

The job of parenting alone is tough, regardless of the circumstances that led to that status. Whether the result of the death of the other parent, divorce, parents who never married, incarceration of a parent, single parents need help. This session examines safeguards that can be established to address the voids that exist due to the absent parent. Additionally, participants will hear strategies for determining when and where to seek support from others.

14.Dealing with Difficult Children

Addressing the behavior of defiant, oppositional, and strong-willed children is tough. This session gives insights into some of the reasons children defy authority, as well as what parents and other adults can do to respond appropriately to the undesired behavior. It is especially helpful if all adults in the parenting role of a difficult child attend this session together in order to develop strategies to support the child and family.

15.Creating a Learning Environment at Home*

You may think that a learning environment must look like a school or a classroom, but it doesn't! The most important components of a learning environment are the expressed expectations and support for the learner. Parents are among the most important resources for children's academic development. This session will provide strategies that can be implemented immediately to create a learning environment at home, along with some that can be implemented over time. *This topic can be presented as a single session overview or multi-session series that goes in depth on specific strategies that can be implemented at home. Four sessions are recommended.*

16. Making Great Celebrations at Home

Affirmation is a key component of encouraging positive actions. When children do well by reaching a milestone or accomplishing a task, it is important for them to receive recognition, especially from their parents and other loved ones. This session provides tools for parents to create meaningful celebrations without spending a lot of money.

Some celebrations actually cost nothing but will be long remembered and appreciated by the children.

17. Game Night and Other Family Traditions*

Too often, families spend the majority of their time doing chores, running errands, completing homework and preparing meals. This session focuses on implementing fun activities to build strong family bonds, increase children's self-esteem, and reduce stress in the home. The basics of establishing a game night and other family traditions will be shared. Implementation of such family traditions helps children with cooperative learning, critical thinking, organizational skills, negotiation, team-building, and socialization. *This topic can be presented as a single session overview or multi-session series that goes in depth on successfully implementing family traditions that enhance the academic experience. Six sessions are recommended.*

18. Dating – What, When, Why? *

The thought of teens dating can be frightening for even the most prepared parents. Some parents choose to simply ignore teens' interest in dating, while others are totally restrictive, forbidding teens to date at all. This session looks at how parents can guide, prepare, and support teens for healthy relationships as they begin dating. *This topic can be presented as a single session overview or multi-session series that goes in depth on the challenges of dating. Six sessions are recommended.*

19. Responding to News from School

Schools send parents a great deal of information about children. This includes progress reports, report cards, behavior reports, upcoming events, test results, and more. Some of the news is great to hear, while other information is difficult to receive. The manner in which parents respond and the action parents take send critical messages to children of support or lack of interest. This session addresses how to use all information from school in a way to help your child grow, develop and succeed.

20. Kids Have Feelings, Too

This session addresses the similarities and differences between the ways children and adults experience and express feelings. Learn how sadness, anger and other emotions in children may be misread by adults and therefore, responded to inappropriately. Also,

included in this session are the ways parents can help children learn to identify and verbally express emotions, thus reducing tantrums and physically aggressive behaviors.

21. Communicating with School Staff

Healthy communication between home and school is an essential component of providing the best academic opportunities for children. Sometimes, key bits of information from parents to school staff can make a tremendous difference as to the degree to which school personnel understand students' needs. Additionally, parents may find that they need additional information about academic or behavioral issues that are occurring at school. Most children quickly learn to manipulate adults when they realize that neither parents nor teachers have all of the pertinent information. This session will provide multiple strategies for implementing comprehensive communication between home and school.

22. The Importance of Play

Adults may believe that play is merely a way for children to pass time. But, play is a critical activity for children, important for healthy brain development and the enhancement of social skills, imagination, and creativity. This session will address the types of play children engage in, as well as ways in which parents can facilitate and encourage play in a safe environment.

23. From Chaotic, Exhausting Parenting to Calm, Enjoyable Parenting*

Do you often feel completely exhausted or overwhelmed as a parent? Every parent has probably been there at some point of the parenting process. If you feel that the job is never done and there aren't enough hours in the day, you're not alone! This session will help parents establish key routines that focus on the priorities of child-rearing. *This topic can be presented as a single session overview or multi-session series that goes in depth on successfully parenting in a more peaceful, confident manner. Six sessions are recommended.*

24. Personal Safety

Keeping children safe at every age is the top priority of every parent. Today's broad technology coupled with children's early exposure and access to the dangers of society can result in tremendous concern. This session will explore important guidelines that

should be in place for every child in order to enhance personal safety. Parents will also be alerted to the tactics of predators that children should be trained to avoid.

25. Sibling Rivalry

What should you do when your children don't get along with each other? To some degree, most families will experience disagreements between or among siblings. But, what should families do when the disagreements are ongoing and disruptive for everyone? This session will include strategies that encourage healthy, loving relationships between siblings.

26. Parenting Teens – No Easy Matter*

The rapid physical and emotional changes that occur during puberty can be alarming for parents and children. As children enter adolescence, parents often feel as if they have strangers in their home. This session will focus on understanding the developmental goals of the teen years, how to keep communication flowing, and how to support the important transitional period between childhood and adulthood. *This topic can be presented as a single session overview or multi-session series that goes in depth on parenting teens. Six sessions are recommended.*

Spiritual Topics

1. Let Your Light Shine

This session identifies the practical ways that a believer is to allow the light of Jesus to be evident in her life, regardless of her situation or surroundings. Matthew 5

2. Walk Wisely Every Day

Attendees will be encouraged to examine the decision-making processes that guide godly and ungodly behaviors. Ephesians 5

3. Growing Pains

Spiritual and physical growth are expected but often bring pain and hurt in the process. This session will provide strategies for identifying & addressing the source of growing pains. 2 Peter 3

4. Living Beyond Limitations

As servants of a boundless God, we can learn to exercise faith to trust Him to work in amazing ways in our lives and the lives of others. This session will challenge attendees to believe God's word and expect Him to demonstrate His faithfulness. Psalm 139

5. Handling the Heavy Bags

Today's woman, married or single, is often overloaded with a myriad of burdens. This session will explore ways to lighten the load and to recognize various ways to get help with managing the burdens. Hebrews 12

6. Living Out Our Faith

Regardless of what comes to the believer's life, the answer is to trust God and exercise faith. How does that look in real life? This session will share practical ways for living in faith through hardships and challenges of all sorts. Hebrews 11

7. Weathering the Storms of Life

Learn to recognize the signs of an approaching storm, where to find shelter and how to come out whole after going through a storm. 2 Corinthians 4

8. A Woman of Strength

Every woman of faith is a woman of strength. This session will help women recognize their strength and walk in it daily. Psalm 139

9. God Loves the Woman in the Mirror

Too many women only see flaws when looking at their reflections. This session focuses on seeing self through the eyes of God. 1 John 3

Format of Seminars

Seminars are presented in a relaxed, unthreatening manner that is designed to be comfortable for all participants. Real-life, relatable stories are used as the backdrop for powerful truths that are shared. Emotions may be stirred, resulting in lots of laughter and sometimes tears, that move participants to re-think previous or current actions. Each session includes audience participation which varies according to audience size. Action steps provided via soft or hard copy handouts reinforce the seminars' key points long after the event ends.

Sessions are typically 60 - 90 minutes but can be customized to fit the needs of the audience. Topics with an asterisk designation are best delivered using longer time frames. They may be delivered over a series of successive days or weeks, depending on the schedule designated by meeting planners.