



Breakout Sessions 2019

Friday Night

One Day at a Time

Erick Perez

Discover what God can do through you when you trust Him and take each day as it comes. In a day and age when confusion and chaos are around every turn, it's important to seek first His kingdom and righteousness.



My Worst Three Innings of my Career

Corey Koskie

We all face obstacles and challenges that will cause us to shrink back and give in. You don't need to face your giants alone in your own strength. Discover practical tools to overcome fear and negative self talk.



Choosing Peace

Molly Sanborn

If you don't have a peace of which seminar to choose, then come to this one! We'll get practical and biblical (and maybe a little comical) about choosing peace in all areas of life.



Aligning Faith, Finances, and Behavior

TJ Bernard

Personal and family finance seem more complicated than ever with all of today's distractions. In this session we'll investigate how aligning faith, finances, and behavior can bring financial peace to your life.



Reclaim Your Health

Charlene Williams

We want to be healthy, we want to be active, we want to eat well. There are so many options out there and it can be overwhelming, so we keep talking about it. Come enter into a conversation with others about how they've reclaimed their health, not as a medical expert, but out of necessity. Bring questions, suggestions or words of encouragement, but plan to participate in the discussion on reclaiming your health in 2019.



Helping Women Thrive in the Workplace

Kamela Lupino and Amy Dyvig

In this interactive breakout session we will explore the intersection of faith, gender, and workplace dynamics.



Skepticism or Faith: Which is reasonable:

Ben Fischer

The greatest challenge to faith of all time is skepticism. From the myth of post-modernity to the rise of the new atheist movement, religious doubt has dominated cultural perceptions. Will modern atheism outlive the great reversal?



Saturday Morning

Intentionally Investing in your Faith and Family

Christina Ridgeway

Come to this interactive session and walk away with practical tools to grow in your faith and connect with your family on a daily basis.



Managing Stress and Anxiety at the Intersections of Life

Dr. Rena Gess

Join us for a deep conversation about anxiety and stress and learn about the breadth of options for cultivating God's peace in your heart and mind. From prayer and meditation to supplements and medications, you can gain understanding of where to start a roadmap for your own journey.



Replace and Embrace

Sheila Qualls

Fear dominates our lives like never before. Whether it's fear about your kids and marriage, or fear about your future or past, it's time to admit the struggle and seek the solution. She challenges you to adopt new thinking patterns, replace old excuses and silence fear.



Getting Honest about Suburbanite Life- What gets between us and God?

Sarah Schultz

Let's take an honest look at our lives and talk about what brings us closer or pushes us further away from God. The "hard stuff" in life can actually draw us closer to God and into a community of prayer. The "good stuff" often pushes us further away from God into a broken self-sufficiency.



Move from Surviving to THRIVING with your Finances

David Jacobson

Refocus, bring balance to your life, and THRIVE financially. This workshop will reveal and guide you through the most overlooked component to financial success. Attendees will gain free access to over \$300 in programs, resources and content.



Generational Myth Busters

April Stensgard

Are you a Gen Z, Millennial, Gen Xer, Boomer or Traditionalist? No matter your age, your story matters! Join us for the Gen Junkie Quiz Show followed by inspirational stories and top tips to help you to THRIVE in a multi-generational world.



Extravagant Sex

Ruth Buezis

Understand God's desire for sex in marriage, remove the roadblocks, learn tried principles, and start your journey towards having extravagant sex in your marriage.

