

Mom 2013
CON

↑ *Workshop Schedule*

*Explore your
Options!*

WORKSHOP SCHEDULE

THURSDAY, OCTOBER 17, 2013

2:00 PM – 3:00 PM..... Convention First Timer's OrientationAndrea Jones & Janella Thaxton 2505 AB

3:15 PM – 4:15 PM **WORKSHOP A**

- 1** **Work Matters**..... Tom Nelson..... 2505 AB
The quality and significance of our work is largely determined by our understanding of the story in which we are a part. Each one of us has a story of work that shapes how we see what we do each and every day. Your work matters more than you can imagine. Fuel your imagination and transform your Monday mornings.
- 2** **The Get Yourself Organized Workshop** Kathi Lipp 2103 AB
Finally an organizational book for women who have given up trying to be Martha Stewart but still desire some semblance of order in their lives. Most organizational systems are designed by and for people who are naturally structured and orderly. The rest of us are looking for a no-shame way of getting organized so we can live the life God wants for us.
- 3** **Good Girls Can Have Great Sex** Sheila Gregoire 3501 AD
This seminar will look at what God created sex to be, why he created us so differently, and how these differences actually can lead to better communication and intimacy. Then the workshop will show women how we can ramp up the three aspects of sexual intimacy — physical, emotional, and spiritual — to create a marriage where we truly feel like one.
- 4** **Just Lead! Practical Solutions for Today's MOPS Leader**..... Sherry Surratt..... 2215 AB
Facing conflict as a leader and making sound decisions. Overcome leadership discouragement. Gain practical solutions for your toughest leadership challenges and be inspired to be the leader God designed you to be.
- 5** **Connection Over Comparison**..... Shauna Niequist 3501 EH
It's easy to spend so much time competing and comparing that we end up isolated and envious, instead of connected and compassionate. In this session we'll talk honestly about the tendency to compare ourselves to other moms, and some ways to resist comparison and instead choose connection.
- 6** **Story Sharing**..... Carol Kuykendall..... 2215 C
We'll talk about finding, shaping and sharing our stories in writing, conversations and especially in MOPS settings.

4:30 PM – 5:30 PM **WORKSHOP B** [PLEASE NOTE: THESE ARE THE SAME WORKSHOPS REPEATED FROM WORKSHOP A. SO TAKE YOUR PICK AND NOW ATTEND THE WORKSHOP YOU THOUGHT YOU MISSED!]

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FRIDAY, OCTOBER 18, 2013

11:30 AM – 12:45 PM MENTOR IMPACT & SPECIALTY MARKET WORKSHOPS

- 1 Military MOPS..... Carlynn Welch.....2215 AB
- 2 Teen MOPS..... Tricia Goyer2502 B
- 3 MOMSnext Rebecca Arcarese & Julie Caton.....2215 C
- 4 International MOPS Field Leader..... 2502 A
- 5 Mentor Impact: Ministry of Mentoring..... Carol Kuykendall 2505 AB

1:00 PM – 2:30 PM..... MOPS MASTERS

- 1 Coordinator..... Elizabeth Demme.....2103 AB
- 2 Discussion Group Leader Tracy Snyder 3501 AD
- 3 MOPS Mentor Kathy Dye..... 2505 AB
- 4 MOPPETS..... Heidi Acton2502 B
- 5 Creative Activities Jennifer Iverson 2215 AB
- 6 Hospitality Amanda Torres..... 3501 EH
- 7 Publicity..... Shari Schock2215 C
- 8 Finance..... Beth Zak 2502 A

2:45 PM – 3:45 PM WORKSHOP C

- 1 **Build Your Family: Super Glue Faith & Measuring Tape Vision** Tricia Goyer2505 AB
The beginning of any project involves measuring off the square footage and drawing up plans. When building our families we need to set measurable, attainable goals so our family can envision what the next stage of progress will look like!
- 2 **Demystifying Depression for Women and Moms** Greg Knopf2103 AB
Participants will learn about depression, anxiety, attention deficit disorder and bipolar disorder using four self-assessments that will be provided. Participants will see a brain animation showing the different neurotransmitters and how they work in the brain. Participants will learn the pros and cons of the major types of medications.
- 3 **25 Ways to Significantly Cut Your Grocery Bill** Crystal Paine.....3501 EH
Want to save on groceries but don't want to mess with clipping coupons? Taught by Crystal Paine, well-known money-saving blogger and author of *The Money Saving Mom's Budget*, this workshop covers 25 ways to maximize the mileage of your money at the grocery store — without ever using a coupon!
- 4 **She Did What She Could: Sharing Your Faith in Everyday Action** Elisa Morgan..... 3501 AD
Most of us care. We really do. We care about poverty and injustice, about orphans and the sick. And yet, weighed down by the everyday load of bringing home a paycheck, putting food on the table, and taking care of our family demands, we question our ability to make a difference. Enter SDWSC which provides overwhelmed, yet sincere moms a realistic approach to sharing our faith in real life.

WORKSHOP SCHEDULE

SATURDAY, OCTOBER 19, 2013

1:00 PM – 2:00 PM..... WORKSHOP D

- 1 A Beautiful Mess: Searching for What, And Who, Defines Me..... Alexandra Kuykendall 2103 AB
Motherhood. Who knew it could bring up so many questions about identity? Who am I compared to the woman I was before kids? Who was she anyway? Where do I find my value? Join Alexandra Kuykendall as she walks you through these and other questions.
- 2 MOPS Group EssentialsMelodi Leih, Kelli Jordan, Bonnie Smith, Jennifer Martin 2502 A
Get practical ideas and strategies for supporting your group with an emphasis on the heart of why we reach moms. This interactive workshop is for new leaders, leaders in a new position or those wanting to take a fresh look at their MOPS group.
- 3 Supporting Moms of Special Needs Kids Gillian Marchenko 2505 AB
This workshop covers 10 special needs of special needs moms, and will provide tips for leaders on how to bridge the gap between moms of kids with special needs and others in the group.
- 4 What's Draining Your Energy Jennifer Degler..... 2502 B
Is life draining you dry? In this life coaching workshop, you will identify your energy drainers in 8 areas of life, make a Top Ten take action list, and discover the 5 D's of eliminating energy drainers.
- 5 More Momma, Less Drama Kasey Johnson..... 3501 AD
Being a mom is tough. There are so many details and tasks to be completed — it's easy to lose sight of what really matters. We agree, family first — but how do we make sure our family members are being supported and we're meeting their individual needs?
- 6 No Ordinary Marriage Justin & Trisha Davis 3501 EH
For many of us there is a gap between the marriage we have and the marriage we thought we would have. God doesn't want to improve your marriage, he wants to transform it. He doesn't want to modify your behavior, He wants to transform your heart.
- 7 The Mercy Prayer..... Robert Gelinias 2215 AB
There is one prayer prayed more than any other in the Bible: Lord, have mercy — for those who sin and those who suffer. For those who suffer because of sin. For those who sin to alleviate their suffering. God is rich in mercy and delights to show it.
- 8 Finding Yourself in the Psalms Caryn Rivadeneira..... 2215 C
Learn about some of the surprising ways that the Psalms teach us about who God is and who we are by looking at what David and the other psalmists have to say about every mom's worth, purpose, calling and place in God's grand story.

2:15 PM – 3:15 PM WORKSHOP E

[ALL WORKSHOPS REPEATED FROM WORKSHOP D EXCEPT MOPS GROUP ESSENTIALS.]

- 1 A Leadership Journey Kelli Jordan..... 2502 A
Each journey is unique but here are five strategies we call can use, no matter where you are in your own personal leadership journey.

Amazing Happens Here!

