

# BREAKOUT SESSION DESCRIPTIONS



A CONFERENCE BY:



## THURSDAY BREAKOUT SESSIONS

### SESSION 1:

#### **MENTOR & MINISTRY LEADER'S SPECIAL HANDS-ON WORKSHOP** ~ TMI Team

Discover how to impact your community and this culture through the power of mentoring in this special hands-on breakout that will help you find opportunities through new and established community and ministry relationships. This is your chance to strategically serve God by reaching the moms of this generation in order to reach the heart of the next generation. (TMI Team)

#### **WHEN MOTHERHOOD SHOULD COME WITH A TRAINING MANUAL** ~ Christen Price

Juggling work and motherhood is difficult when my head and my heart decide to compete. How do you mother wholeheartedly while work wholeheartedly? In this candid talk about the busyness of being a mom, Christen shares how God gives us an instruction manual for raising our children – his love. How we can trust in his love when we don't know what to do as mothers. Mothering is a moment by moment, day by day, month by month and year by year experience and we need God to be our mothering-teacher, child-molder, and heart-beater.

#### **BULLY PROOF** ~ Lori Wildenberg

Do you worry your child is being bullied? Discover the red flags of victim behavior and learn ways to deal with this increasingly alarming trend from a mom who's child has been the victim of this type of abuse.

#### **PRAYING FOR YOUR PRODIGAL** ~ Janet Thompson

My definition of a prodigal is a child who is breaking the parents' hearts and the heart of God. It's so hard not to pray the way we want things to change or turn out—our will—but through my own daughter's prodigal journey let me share how I learned to pray God's will for your child by praying Scripture and form prayerful support groups. Your heart will change even if the circumstances don't change.

#### **A MOM LIKE NO OTHER** ~ Joanne Kraft

Divorced? Single? Separated? If you aren't the perfect picture of the American family there's a chance you struggle with feeling picture perfect. Be reminded the Savior and King of Kings was born to a single mom. Learn ways to draw close to a holy God who desires to be your perfect

husband. Find out how relationship with Him is the deep well to draw from and be encouraged you never walk this road alone. If you feel like no other mom embrace being a mom like no other.

**LORD, HELP MY MARRIAGE!** ~ Tara Dovenbarger

A struggling marriage makes parenting extremely difficult. Is it possible to meet the daily demands of your children and strive to save your marriage all at the same time? Come be encouraged as we confidently probe the Living Word and find strength through Christ who has promised to give us victory.

**SEX, SEX, SEX: HOW & WHEN TO TALK TO YOUR KIDS ABOUT IT** ~ Angela Mackey

We are raising our children in a sexually charged culture. Images and information are available at the click of a mouse and the press of the on button. This workshop will provide practical tools for how to educate your children about sex and encourage them to strive for purity. This workshop will help you: Discover God's design for sex and how to communicate it to your children; Gain confidence to educate your children about sex, learn natural ways to address the topic with your children; Embrace a life-long discussion of physical intimacy and purity with your children.

**TAKING THE DETOUR TO MOTHERHOOD TOGETHER** ~ Heather Riggleman

This wasn't part of the plan. You and your daughter were planning for high school graduation, but now you're both trying to sync schedules around baby. How exactly will she do this mom thing and how do you help her? Heather Riggleman, a former teenage mom turned author of *Mama Needs a Time Out*, shares her personal experiences and insights to help you both survive and thrive on this detour to motherhood.

**WHEN GOD FEELS DISTANT(AND HOW I KNOW HE'S NOT)** ~ Lindsey Bell

Description: In the midst of a crisis, it's easy to feel alone. Forgotten. Abandoned by the One who promised to never leave you. After four consecutive miscarriages and years of struggling in her faith, Lindsey learned that God is sometimes most present when he feels most absent. This session will: help you find God in the midst of your pain, remind you of Biblical heroes who faced insurmountable difficulties, and provide practical steps toward healing your relationship with the Lord.

**FRIDAY BREAKOUT SESSIONS:**

**SESSION 2:**

**REACHING THE HARD TO REACH CHILD** ~ Julie Sanders

Moms long to reach the hearts of their kids, but not every child is easy to reach. Physical issues, behavior challenges, and life's consequences can make it hard to nurture, much less manage, the

children we call our own. From her experience as a teacher, mom, and mentor, Julie will help you understand how to unlock the secret of reaching that hard to reach child.

### **THE LIE OF THE TERRIBLE TWO'S AND THE TERRIBLE TEENS** ~ Tracey Eyster

"I am scared of them hating me when they are teens" is a phrase heard far too often. Just because "they say" the two year old and the teen prove to be terrible does not mean "they" are correct! Attitude and time can turn terrible into tranquil and downright terrific. Learn from the "fun mom" how God guided her through ups and downs towards great relationship with her teens. Practical tips, a spirit filled with God's grace and the right attitude --with a smidge of snark is how she handled it. No "magic bullet" guarantee, but everyone needs a little mom wisdom from someone who has been there, done that and come out on the other side smiling!

### **WHO IS YOUR ELISABETH?** ~ Joanne Kraft

When the angel Gabriel shared with Mary the greatest news to mankind, what did she do? She ran with haste to Elizabeth. The Lord uses this picture of two women encouraging one another as a beautiful example of the ministry of mommyhood. Discover the qualities every "Elizabeth" should have and the qualities you need to avoid. Moms are always better together. God created us to be in relationship. Every Mary needs an Elizabeth. Who is yours?

### **WALKING BESIDE YOUR CHILD WITH SPECIAL NEEDS** ~ Tara Dovenbarger

Traveling the exhausting, uncharted road with a child who has special needs is often difficult. This workshop will energize your spirit as we let God's Word breathe new life into the wearied areas of your soul. Tara's personal experience stems from walking alongside her own children, one of whom has Juvenile Diabetes, one of whom has intellectual disabilities, and the loss of one precious baby to Trisomy 18.

### **WHEN YOUR CHILD IS ON A PRODIGAL PATH** ~ Lori Wildenberg

Did you train up your child in the way he should go and he went the other way? Attend *When Your Child Is on a Prodigal Path* and discover common prodigal issues, ways to deal with the problems and heartache, how to pray for your young person, and where to find hope in the midst of what seems like a hopeless circumstance. Topics include but not limited to: sexual sin (same sex, promiscuity, unwed pregnancy, abortion), substance use (alcohol, drugs), and lost faith.

### **THE DREAMING MOM: SOARING TO NEW HEIGHTS** ~ Genny Heikka

Do you remember the hopes and dreams you had for your life... but barely? How many of us, after becoming moms, lose sight of the passion that once stirred our hearts? After all, there are mouths to feed, rooms to clean, and dishes to wash. Who has time to dream? (Sometimes it's hard to soar when you have toddlers clinging to your legs and toys blocking your runway!) But God created you for a purpose and He wants to help you fulfill it! Being a mom means you have more on your plate for sure, but it shouldn't mean setting your dreams on a shelf... forever. In fact, becoming a mom might be the very thing that gives your dreams wings. Come together, be inspired, and learn

tips to help you discover (or rediscover) and pursue your dreams. When your kids see you dreaming, they'll learn to dream too!

### **BALANCING LIFE AND MINISTRY** ~ Janet Thompson

**WE ALL STRUGGLE** with wanting to do more than we have time or energy to achieve. With the many hats we wear as moms, wives, and couples, it's a constant struggle to balance living with serving. We want to be more involved in ministry, but it's a juggling act that leaves us feeling exhausted, unfulfilled, overwhelmed, guilty, anxious, stressed, and sometimes even ill. Not the way God planned for us to live and thrive. Discover how to develop a godly perspective of priorities that allow us to function within our God-given gifts, personalities, and seasons of life with a renewed heart for joyfully serving our family and the family of God.

### **BONDING, IT'S A MOM THING** ~ LauraLee Shaw

LauraLee will share her heart for moms to stay connected, unified & loving one another, resisting competition, comparison & petty complaints. She'll present practical Truths from Scripture that shed light on many of the issues that trip us up as we strive for authentic, meaningful relationships with each other. Using personal stories & creative visual illustrations, she'll unwrap one of God's greatest gifts to moms: the bond that comes from sisters unified in Christ.

## **SESSION 3:**

### **SOCIAL MEDIA WISE PARENTING: PROTECTING YOUR KIDS FROM THE DARK SIDE OF SOCIAL MEDIA** ~ Erin Bishop

(Description coming soon!)

### **A MOM WHO WRITES** ~ Genny Heikka

Have you always dreamed of writing a book? Are you a writer or aspiring writer and want to learn more about the path to publication? That's an exciting place to be, full of possibilities! This workshop covers all things writing, from tips and resources to industry information and answers to frequently asked questions. In addition to providing you with specific steps you can take to move you forward on your writing journey, Genny shares her own experiences and discusses the real challenges and opportunities that come up when you step out to pursue becoming an author. You'll get answers to questions like whether or not you need an agent, how to decide what story to write, where to submit your manuscript after it's finished, what are the different publishing paths today, and much more. Having a plan and preparing yourself for the journey can make your efforts much more successful, and more fun!

### **DISCOVER FINANCIAL FREEDOM** ~ Janice Martin

Through practical and proven skills, discover how you can become financially free regardless of how much money you make. Using a biblically based approach to money, financial expert, Janice Martin, shares how you can take hold of your finances, become debt free and experience the power of financial freedom.

### **STILL THE ONE: HOW TO KEEP ON LOVING AFTER ALL THESE YEARS** ~ Julie Sanders

There aren't many fifty year wedding anniversaries anymore. It's not easy to stay married through the seasons of life, but those who hang in there discover the rare joys of loving through the years. Find out how to ride out life's changes and challenges so you can say to your man, "You're still the one!"

### **FALLING TO PEACE(S)** ~ Heather Riggleman

There comes that moment in every person's life when everything seems to fall apart, nothing seems to make sense and chaos abounds. It doesn't happen more often than when a woman becomes a mother. What do you do with the diagnosis of special needs, divorce, or being asked to step down in ministry? Is falling to pieces such a bad thing? Is it possible to find peace when we fall to pieces? Heather Riggleman, author of *Mama Needs a Time Out* takes you on a journey of falling apart and finding strength in God. She shares authentically and equips you with the tools to help yourself or your ministry team to walk along side others. *This session will help you: Embrace the parts of your life that are steady; Find your strength in who you are as a mom; Rely on God to help you "peace" your life together.*

### **YOU CAN'T BE 1/2 A MOM** ~ Joanne Kraft

Blended families are on the rise. According to a Pew Research study, "42% of adults have a step-relationship--either a stepparent, a step or half sibling, or a stepchild. This translates to 95.5 million adults." Be inspired to learn that Jesus grew up in a blended family. Learn the words you'll never hear author, Joanne Kraft, say about her blended family. She understands a mother's greatest accomplishment is a family who loves each other and gets along. Parenting a blended family can be treacherous waters to maneuver. Experience renewed joy in your role as mom and take away a few God honoring tools and scripture verses to hold on to as your anchor.

### **WHAT IS FACE-TO-FACE MENTORING?** ~ Janet Thompson

Mentoring is simply: Sharing Life's Experiences and God's Faithfulness. In the Bible, God provided us with mentoring role models and guidelines for incorporating mentoring into all aspects of our daily lives—the good times and the difficult time. Explore together: the truths about intentional mentoring, how to have a one-on-one mentoring relationship, nurturing faith in your family, crisis mentoring, and the role of mentoring in God's plan for our spiritual maturity as Christian women and mothers.

### **THE TOP 7 THINGS MOMS DO RIGHT** - Shelly Brown

As moms we want nothing more than for our children to grow into godly, well-adjusted, productive men and women who choose to walk in their God-given purpose. In this pursuit of ours, there are several things we can do with great intentionality that could make a very significant difference in their lives. You will walk away from this session with tangible principles, from a biblical perspective, that you can immediately implement into your parenting style and plan.

### **WHO'S THE BOSS?** ~ Lori Wildenberg

Do you feel as if your kids don't listen? Are you frustrated with your child's behavior? Do time outs work for you? Come to Who's the Boss and learn how to effectively use parenting strategies to reduce power struggles, toddler and teen tantrums, whining, and grumbling and increase respect and cooperation. Designed for moms of toddlers to teens.

## **SESSION 4:**

### **BUILDING A TOP NOTCH TEAM** ~ Julie Sanders

A women's ministry is only as strong as the team that leads it. How do you build a multi-generational, passionate, equipped team of women committed to a shared vision in today's world? After a decade as a Women's Ministry leader and team builder, Julie will inspire and empower you to know how to build a top notch team of servants to influence women where you live.

### **P.R.A.Y. WITH PURPOSE** ~ Debbie Taylor Williams

Ready for a transformation for you *and* your children? Pray 26 of God's attributes for you and your children. Discover how to hear and follow God's voice of advice and celebrate God's answers to your prayers.

### **THE PROPER CARE & FEEDING OF OGRES (TEENAGERS)** ~ Joanne Kraft

Once upon a time you were the mother of an angelic babe. Are you surprised this same delightful creature shows signs of disrespect, entitlement and a selfish nature that is off the charts? Once loving and kind, now known to bite with their words and attack whoever dares come too close, you may be wondering, "Who is this frightening creature?" and, "What has it done with your beautiful child?" There's only one answer: An Ogre. Over the years, Joanne Kraft has tamed four ogres..ahem... I mean teenagers, and knows a few tricks of the trade. Discover two things every teenager needs. Learn how to love your teen through the hard times and be encouraged that the Lord loves them more than you do and can make all things new—no matter what.

### **TURNING CONTROL INTO CONTENTMENT** ~ Christen Price

Many women struggle with the idea of being in control. They keep a planner, delegate, and take charge of the situation whether at home or at work. As a former Type-A girl, Christen shares with her audience how she learned to turn her struggles with control into contentment while staying

true to the person God created her to be. She also provides a 7 Day Contentment Challenge for women to complete the week after the talk.

### **THE MAKING OF A MOM** ~ Stephanie Shott

What do you do when your toddler throws herself on the floor and starts whining in the middle of aisle 9 of the grocery store? How do you handle it when your teenager talks back or you're trying to figure out how to set boundaries and build character? What do you do when you feel alone in your mommyhood and you don't know what to do or who to talk to? In *The Making of a Mom*, Stephanie Shott will not only find practical solutions to help you in your parenting journey, but she will also help you discover the power of taking the journey together.

### **FIGHT FOR YOUR FAMILY ~ BE THE MOM** ~ Tracey Eyster

We have all heard it said, motherhood is the most important job in the world! The enemy knows this to be true. At times we find ourselves completely overwhelmed and overrun which leaves us stressed in the midst of our days. Have you ever fully recognized that your daily battle is about more than you? The stakes are high, you are not alone in your struggles - learn from a seasoned mom how to be equipped well and fight for your family. Receive practical tips on how to thrive in your daily mom-life and find refuge that will empower you to face each day with peace.

### **NOTHING TOO BROKEN** ~ Shelly Brown

Are there areas of your life that remain unhealed? God never intended for His daughters to simply cope with life. He longs for us to walk in freedom and healing. Whether your wounds are old, or fresh, there is nothing too broken for God's healing power. And, experiencing this healing is not as difficult as one may think. Everything we need for healing is found through the Truths of God's Word and the working power of the Holy Spirit. During this session, Shelly shares some of her story, and how the Holy Spirit revealed the "secrets" to finally experiencing healing for her deepest soul wounds.

### **YOUR FAMILY IS YOUR MINISTRY** ~ Melissa Mashburn

Every day you are given a gift -- your family. Yes, you have a call to do more, serve more and love the people in your community more, but ultimately your family is your first ministry. After almost fifteen years in full time ministry Melissa Mashburn will share with you wisdom she's learned while seeking to serve Him at the local church in South Florida. Battling the fine line between the never-ending to do list of projects at church and raising boys, this is a battle she almost lost. ***This breakout will help you:*** *Discover the importance of keeping your family first in your ministry life: Gain a new perspective for how quickly things can change in life and ministry: Celebrate the victories and learn from the mistakes of taking your focus off God's next steps and your own need to take control in your ministry.*

### **PARENTING TODAY'S TEEN GIRL** ~ Erin Bishop

(Description coming soon!)

## SATURDAY BREAKOUT SESSIONS:

### SESSION 5:

#### CHANGING LIVES IN A CHANGING WORLD ~ Julie Sanders

Women of today need an unchanging message presented in a fresh, relevant way. Find out how to craft an environment for mentoring relationships, small groups, and large group gatherings to reach a new generation. Discover how to pave the way for life change as you make your plans to gather women together in changing times.

#### KIDZ TIME ~ Debbie Taylor Williams

Do you want to teach your children about God, but don't have time? *Now you do!* 26 A-Z devotional activities at your fingertips that will keep your kids asking for more! Includes: Memory Verse flash cards, quick and easy set up activities, sticker chart, Hero of the Faith Celebration certificate, photo keepsake.

#### FROM CONFLICT TO COMMUNITY ~ Janet Thompson

All relationships have potential for conflict—marriage, parenting, family, in-laws, neighbors, friends, church staff, ministry teams, mentors and mentees—the list is endless. God knew we would encounter relational disagreements and frustrations so He provided numerous scriptures instructing Christians in how to resolve conflict so we could live together in peace and share Christ's message of love. Learn the difference between forgiveness and reconciliation and the 10 Myths of Forgiveness.

#### FINDING MOMMY BLISS ~ Genny Heikka

Being a mom is a blessed calling and God has amazing joy for us, even in the messy and mundane (sometimes we just need a help finding that joy!). Being a happy mom isn't about sailing through motherhood. It's not about having it all together or having the best kids. Parenting can be chaotic, stressful, and complicated. There are temper tantrums and sibling squabbles. There is self-doubt and frustration, even fear and uncertainty. But there is also laughter and love...and, yes, even bliss. Hear Genny's own story of her ups and downs of parenting and learn specific steps that will help you discover more joy in your life (even when it's hiding under mountains of laundry!).

#### HELP ME STUDY GOD'S WORD ~ Tara Dovenbarger

As moms we long to study God's Word, but our interruptions are endless! Is there really time for a mom to study the Bible in this chaotic world? Are there practical ways to study God's precepts alongside our children? Come be encouraged as Tara shares some new ideas and her favorite resources to help you seek God and know Him more.



### **GODLY GIRLFRIENDS: THE SPRINKLES ON THE CUPCAKE OF LIFE ~ Melissa Mashburn**

There's no one person that can be everything to us--except for Jesus. Yet we also need to make time in our busy lives to add a little sparkle to our world...that's where Godly Girlfriends come in. In the cupcake of life these 7 "S-Girls" sprinkle their friendship on our hearts and help us to be all God created us to be. Each one unique in what she brings to our friendship, but each special in her own way. There's no one Godly Girlfriend that can be everything to us, nor should she, but learning the importance of these sprinkles may very well be just the sparkle you were looking for. *This breakout will help you: Discover the importance of surrounding your self with Godly Girlfriends, Gain a new perspective for how when we don't take time for Godly friendships our lives become out of balance, and Celebrate the gift of a sweetly balanced cupcake with God at the center, your family on top and a few special Godly Girlfriends adding color to your world.*

### **WRESTLING WITH GOD: HOW TO WALK THROUGH INFERTILITY (OR ANY TRIAL) WITH YOUR FAITH IN TACT ~ Angela Mackey**

How do you love a God who is able to give you the desires of your heart, but may not? Trials – like infertility – are guaranteed this side of heaven. They can shake even the strongest faith and leave us doubting. This workshop encourages you to wrestle your doubts, questions, and feelings out with God. In that wrestling embrace you can meet God in a more intimate way than you thought possible. This workshop will help you: *Discover how to wrestle with God so you can walk away changed and blessed: Learn to cling to God's promises despite your circumstances: Gain a new perspective for the trials in your life and how God uses them.*

### **LIVING OUTSIDE YOUR CIRCUMSTANCES - WHEN YOUR CHILD IS IN PRISON OR BATTLING ADDICTIONS ~ Barbara Peavy**

Do you have children who are in trouble? Then join Barbara as she shares her own experience with children in prison and their battles with addictions. She has traveled on this journey for 24 years. Discover the 4 keys that God has graciously given to her. These keys have helped her to live a life of freedom instead of being consumed with circumstances.

### **BLOGGER, WRITER, MOM ~ AND DEFINITELY NOT IN THAT ORDER ~ Tracey Eyster**

Many moms are entering the world of blogging and that can be a good thing, but is there purpose to your blogging? Is there a "real writer" hidden under your words? Writers are born to write, create and spill their hearts out on the page. Learning how to honor God with our gift while remaining true to our calling in the home is of vast importance. Tracey gives practical, proven wisdom on how writing on purpose, with life balance can add value to your writing and start you on your way to being published.

