

Speaker	Workshop Title	Workshop Description
Mike + Carlie Kercheval	How Being Overweight Changed My M	For the first 42 years of her life, Carlie Kercheval was an athlete and certified personal trainer with a degree in Food Science and Nutrition. But when a series of traumatic events hit her life, she began to pull away from everyone and found comfort (or so she thought) in food. In this workshop, Carlie will share how God used her journey to learn to love herself in new, unexpected ways while cultivating a deeper intimacy with God and her husband.
Amber O'Neal Johnston	Dear Sister: A Letter to the Mama Who	You are single-handedly taking care of yourself, the kids, and him. He goes to work every day to support your family, and you appreciate him for that, but still. Have you ever thought that you would feel more appreciated and less exhausted at the end of the day if your husband would just do a little more? In this session we will uncover the source of these very real feelings and delight in renewing our hearts based on biblical truths.
Abriana Chapman	Covenant over Emotions. Choosing Go	It is a necessity to choose your commitment (Covenant) over your feelings. Sparks won't always fly and you won't always have butterflies. In those moments, you still need to choose God's love over the superficial love society tells you to believe in.
Timberley Gray	How To Communicate About Money M	For richer or poor takes on a whole new meaning when your marriage faces financial troubles. The good news is God gives us an instruction manual for communication and money. In this workshop we'll learn how to have positive communication about money and learn practical stewardship principles.
Alisha Gaughan	Forged and Flourishing: Rising from th	We often think of grief as something that can tear relationships apart and make us question our faith in God. Through this workshop we will explore how seasons of grief can actually help you forge a closer bond with both your husband and Christ.
Jen Evangelista	What is Bible Journaling and How Can	You know that growing in your faith and in the knowledge of God through His Word is a critical component of your Godly marriage. You also know that it is sometimes a struggle. This workshop will show you 3 ways to use a little creativity to jumpstart your passion for Bible study!
Kerola Williams	Fighting Two Battles: Winning the War	Divorce in the military community is at an all time high. This workshop will prepare the military couple with coping skills and tools to overcome deployment, moves, separation, lack of resources, and community connections. While also equipping the couple with scriptures and biblical principles to combat the tricks of the enemy, harmful outside distractions, and internal battles such as loneliness and depression.
Deb Schroeder	Parenting with Intention: Facing the Te	With a rapidly changing culture, our teenagers need our guidance, stability and love from parents more than ever. Parenting during the teen years brings its own challenges that can add extra stressors to your marriage intimacy. This workshop will look at the importance of communication and intention as you and your spouse parent together and face the teen years head on.
Lisa Kinney	3 Ways to Increase the Intimacy Spark	Life is full of stress, chaos, and changes but it doesn't have to interfere with the intimacy in your marriage. Learn how to tune out the negative (both from your environment and what you say to yourself) so you can be in the moment, connect with your husband, and enjoy it.
Cindy Henson	How Micro-Cheating Can Chisel Away	Have you heard of "micro-cheating"? Come, listen in as Cindy explains what can happen when you play this seemingly innocent-looking game that can have devastating effects on your marriage.
Beth Siefertak	How to Be More Connected as a Coupl	It will give wives ideas for growing and deepening the connection they have with their spouses. It will give them tools for engaging with their husbands in ways that unite, encourage, and guide them when navigating troubles in marriage life.
Nadine Stewart	Bringing Your Sexy Back Into The Bedr	Many couples miss out on the joys and pleasure of being intimate with their spouse - whether because of their current stage in life, personal insecurities, or a misguided understanding of God's design for sexual intimacy in marriage. This fun workshop is super candid and covers some of the "how to's" and benefits of rekindling that romance and bringing sexy back into your bedroom. Your husband will thank you! :-)