

# PROGRAMME

8.45am – Registration 9.00 – Opening Worship 9.35 – Keynote Speaker #1 10.15 – Workshop 1 10.55 – Morning Tea 11.20 – Workshop 2 12.00pm - Workshop 3 12.45 – Lunch Break 1.30 – Student Quiz 1.45 – Afternoon Worship 2.00 – Keynote Speaker #2 2.40 - Panel Q & A

3.15pm – End of Day



## WORKSHOPS



Graeme Budler

#### **Emotional Tank**

We are all called to live an abundant life. However, most of the people's lives are characterised by burnout, desperation and stress. How do you maintain the emotional energy to stay the distance and ensure that you are not someone who crashes and burns before you reach your peak at 75 years old? Want to serve out of the overflow of an authentic life? This is the workshop for you.



Hannah Gatman

#### Say hello to stress

The first step to not being stressed is to recognise, what is the stress in my life?
What does stress look like for you and what are some tools that can help you manage that?
Let's explore what we can say YES to that will help us live a consistent life and have purpose over, "I'm stressed".



Adam Harris

#### Daily life with Holy Spirit – without him, it doesn't

work

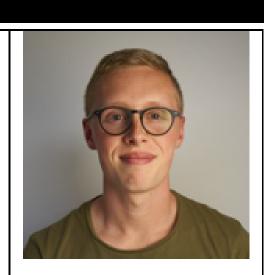
In this session we will discuss the importance of a real relationship with Jesus through the Holy Spirit that brings Faith alive. Adam will share some of His journey of 'attending church' being from a 'Christian home' and 'trying to please God', to discovering a real living tangible relationship with Jesus.



Gina Schutte

## Escaping the financial maze

We'll consider some principles that can be helpful in defining your financial plan. we grow up hearing, "save, spend, give" as the guidelines. is this achievable, desirable, biblical? let's explore.



Jacob Binnie

### How to sell

yourself without

what you're about
How to figure out
what you care about
the most so you can
dramatically
influence your life in
the coming years.
Jacob will draw from
his background in
real estate, and
coaching others to
succeed.

	Emotional Tank Mr Budler	Daily life with Holy Spirit Adam Harris	Say hello to stress Hannah Gatman	Escaping the financial maze Gina Schutte	How to sell yourself without compromising Jacob Binnie
Workshop 1 10.15 – 10.55am	Events Centre	Wharenui	Conference Room 2	Conference Room 1	Dance Room 1
Workshop 2 11.20 – 12pm					
Workshop 3 12 - 12.40pm					