



Office Personnel Conference

Breakout Session Descriptions

Breakout Session 1

Monday, April 8, 2019, 10:30–11:30 a.m.

Speaker	Location	Title/Description
<i>Carrie Meusling</i>	<i>Wheeler</i>	<i>Zumba and Stretch</i> ZUMBA is a fusion of Latin and International rhythm and dance; an inspired fitness system that is dynamic, exciting, effective, and fun! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. In this session we are combining a moderate workout for all fitness levels followed by a relaxing Yoga-inspired stretch. No experience required.
<i>Cyndee Ownbey</i>	<i>Grand Salon AB</i>	<i>Leadership</i> Leading amidst discouragement – We are called, just as Joshua, to lead during difficult times. How do we keep moving forward when we feel like giving up? Practical help and hope for difficult seasons in life.
<i>Joe McKeever</i>	<i>Davidson 12</i>	<i>How to Avoid COBO - Church Office Burnout</i> There are no quick easy fixes here. Steps to avoid burnout include pacing yourself, giving up your perfectionism, exercising daily, and learning to relax. Learn to expect interruptions (that's why they pay you the big bucks!) and even welcome them. Work at laughing some every day; it's a great tension reliever. (Come and share what you've learned with the others.)
<i>Karmen Wilharms</i>	<i>Davidson 34</i>	<i>Website/Social Media</i> Part of my responsibility at St. John's Church is to keep our website and Facebook page fresh and exciting! I realize this responsibility often falls to some of you who have little to no experience in this department. If you are struggling with: What goes on my website? How much goes on my website? How do I make it stand out? Where do I start? How do I categorize all this information? Do we need a Facebook page? Why do I want to use a Facebook event? How do I set up a Facebook event? How do I get people to like our Facebook page? And more ... then this is the breakout for you!

Speaker	Location	Title/Description
Joe McKeever	Davidson 12	<p><i>Leadership Lessons for the Church Office</i></p> <p>Leadership in the Kingdom is counter to the world's way. For instance, "Only the strong can humble themselves and submit; the weak will insist on getting his/her own way." "Only the strongest and humblest will be able to serve; the weak will insist on others catering to him/her." "Your team does not follow you because you insist on it but because you are devoted to them. They trust you."</p> <p>But who wants to serve? We'd rather lead and command! Only people of faith will devote themselves to serving.</p>
Megan Miessler	Grand Salon AB	<p><i>Counseling: Mental Health</i></p> <p>There are many crises, big and small, that enter your doors every day. Some of these crises may feel beyond your ability to handle. God's encouragement to us to "be strong and courageous" is not just about taking courageous action, but asking for help when it is needed so you know what to do in a moment of crisis. In this session we will talk about mental health issues that are prevalent in our world today (cutting, suicide, panic attacks, depression, etc.) and we will teach signs to look for in those we serve. We will also discuss actions steps that you can take—and ones you should not take—when you encounter someone in crisis.</p>
Travis Grulke	Davidson 34	<p><i>Google Docs & Forms (Intro)</i></p> <p>This introductory sectional is for individuals who are brand new to Google. Individuals should come ready with a laptop as you will register for a Google Account. We will then learn more about Google Drive as the best place to store your files and how Google Docs can help you with creating/sharing/collaborating with colleagues.</p>
Pat Maier	Wheeler	<p><i>Visual Faith (Intro)</i></p> <p>Our churches offer rich opportunities to hear the Word in worship and Bible study. When we consider learning styles, however, as well as this current era of interactive communication and hectic lifestyles, there is a need to equip people who struggle to keep God front and center in their minds and hearts.</p> <p>Have you ever struggled to recall the truths of a devotion later in the day? Does your mind wander during prayer, or do you forget who you promised to pray for? Are you searching for a new, fresh way to connect with God's Word? The Visual Faith practices of visual prayer and Bible journaling are non-gendered, multi-generational processes which connect visual and kinesthetic learning principles during prayer and Bible study. Find out about these useful disciplines which can help us slow down, pay attention, deal with distractions, and allow time to "be still" as we read, reflect, and respond to God's Word.</p>

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<i>Joe McKeever</i>	<i>Davidson 12</i>	<i>Don't Quit: God is using the Tough Job</i> People do not quit because the work is hard; they quit because they lose hope. They feel they're no longer making a difference. The fourth chapter of 2 Corinthians is bracketed by statements of "therefore we do not lose hope (and quit)." There are so many great reasons to hang tough!
<i>Shari Braendel</i>	<i>Grand Salon AB</i>	<i>27 Hangers</i> Demystify the secrets of a flexible wardrobe designed to simplify your life. Discover the art of shopping on purpose and not on impulse while saving time and money.
<i>Travis Grulke</i>	<i>Davidson 34</i>	<i>Google Docs & Forms (Intermediate)</i> This sectional is for those who already have a Google Account and are familiar with Google Drive. We will enhance your knowledge of Google Drive focusing on Google Docs and Google Forms, and how they can be a blessing for organizing and working with your electronic files.
<i>Pat Maier</i>	<i>Wheeler</i>	<i>Visual Faith (Intermediate)</i> Perhaps you'd like to try some Visual Faith processes but don't know where to begin. The good news is that each of us has a "spiritual I.E.P."—and the Holy Spirit will lead each of us to connect with God's Word in our own unique, creative ways. This will be a hands-on session to practice a few ways to "pray in color," journal a Bible passage, and try out some new art supplies. You'll receive handouts, resources, and ideas for sharing a legacy of faith.

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Carrie Meusling	Wheeler	<p><i>Zumba and Stretch</i></p> <p>ZUMBA is a fusion of Latin and International rhythm and dance; an inspired fitness system that is dynamic, exciting, effective, and fun! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. In this session we are combining a moderate workout for all fitness levels followed by a relaxing Yoga-inspired stretch. No experience required.</p>
Sara Thorpe	Davidson 12	<p><i>Bringing Your Inner Beauty Out!</i></p> <p>When I put my makeup on, I feel an instant boost of self confidence! Come learn how to take care of your skin, create an even skin tone, create a timeless look, and more. Bring along your makeup and we will enhance the beauty God gave us together.</p>
Debby Fall	Grand Salon AB	<p><i>District Connections</i></p> <p>Debby directs and provides support for the District's print and digital communications. In this breakout, she will walk you through valuable resources found through the District's new website and other communication avenues. She will also share state-wide volunteer mission opportunities for church workers and lay members of all ages.</p>
Karmen Wilharms	Davidson 34	<p><i>Website/Social Media</i></p> <p>Part of my responsibility at St. John's Church is to keep our website and Facebook page fresh and exciting! I realize this responsibility often falls to some of you who have little to no experience in this department. If you are struggling with: What goes on my website? How much goes on my website? How do I make it stand out? Where do I start? How do I categorize all this information? Do we need a Facebook page? Why do I want to use a Facebook event? How do I set up a Facebook event? How do I get people to like our Facebook page? And more ... then this is the breakout for you!</p>