CONFERENCE WORKSHOP GUIDE

Explore the workshops. Choose what speaks to you.

A thoughtfully organized guide to the six workshop options, their facilitators, and what each experience covers.

01	**Mind, Body & Spirit**	Whole-person wellness + menopause conversation
02	**Prayer, Fasting & Faith**	Prayer, faith activation + deliverance
03	**Spiritual Warfare**	Spiritual authority, discernment + Scripture
04	**Just for Singles**	Self-respect, personal presentation + boundaries
05	**When Two Become One**	Marriage, prayer + keeping romance alive
06	**Finances: Stewardship & Wealth**	Budgeting, debt, saving + wealth-building

How to use this guide Each workshop includes a description of what participants will explore. The source material does not specify class times or room assignments; this guide is a workshop overview, not a timed schedule.

Mind, Body & Spirit

A two-part wellness experience addressing the whole person and the life changes women may navigate.

PART A | Mind, Body & Spirit

Facilitator: **Charlotte Manuel**

Explore how thoughts, physical well-being, emotional health, relationships, and spiritual life influence one another through wellness education, discussion, mindfulness, movement, and reflection.

What participants will explore

- **Mind:** Healthy thinking, stress management, emotional resilience, and self-awareness.
- **Body:** Nutrition, movement, hydration, sleep, and sustainable daily routines.
- **Spirit:** Prayer, gratitude, reflection, connection, and spiritual well-being.

PART B | When Midlife Meets Real Life

Facilitator: **Marsi Perkins** — Founder, The Unspoken Story of Menopause

A candid, informative discussion of perimenopause, menopause, and postmenopause, emphasizing education, individualized experiences, and self-advocacy.

What participants will explore

- **Understanding the transition:** Stages of menopause and why experiences differ.
- **Body and mind:** Sleep, temperature changes, sexual health, concentration, mood, and physical well-being.
- **Self-advocacy:** Tracking symptoms, seeking credible resources, and preparing for healthcare conversations.
- **The unspoken story:** Sharing accurate information and lived experience about changes often left undiscussed.

> *Women deserve information, options, meaningful conversations, and care that recognizes the whole woman.*

WORKSHOP 02 / SIX WORKSHOP OPTIONS

Prayer, Fasting & Faith

FACILITATOR · Pastor Quancelett Pittman & Asst. Pastor Junldine Briggs

A faith-centered workshop bringing together three connected areas of spiritual growth.

PRAYER & FASTING

Discover biblical foundations for prayer, fasting, spiritual discipline, discernment, and a deeper relationship with God.

- Explore practical approaches to fasting and the place of wisdom and spiritual discipline.
- Strengthen habits of prayer and seek God's presence, guidance, and direction.

FAITH ACTIVATION

Move from believing to actively living by faith through teaching, reflection, prayer, and practical application.

- Build trust in God while facing fear and doubt.
- Recognize opportunities to act on faith with courage and confidence.

DELIVERANCE

Explore biblical principles of freedom, spiritual authority, renewing the mind, and transformation through Christ.

- Recognize spiritual strongholds and patterns that can hinder growth.
- Consider what it means to live in freedom, wholeness, and spiritual identity.

> *Faith grows when you put it into action.*

WORKSHOP 03 / SIX WORKSHOP OPTIONS

Spiritual Warfare

FACILITATOR · Apostle Dr. Valerie Bellamy-Parham

A biblical teaching session about spiritual battles and responding through faith rather than fear.

What participants will explore

- **Spiritual awareness:** Recognizing spiritual opposition and its possible effects on thoughts, choices, and relationships.
- **Authority and discernment:** Understanding biblical principles of spiritual authority, discernment, and prayer.
- **The armor of God:** Exploring Scripture, faith, wisdom, and obedience as spiritual practices.
- **Standing firm:** Responding to spiritual challenges without living in fear or confusion.

> *Stand firm in faith and walk confidently in the victory and freedom available through Jesus Christ.*

WORKSHOP 04 / SIX WORKSHOP OPTIONS

Just for Singles

FACILITATOR · Apostle Marilyn Porter

An empowering workshop about self-respect, presentation, emotional well-being, and making thoughtful relationship choices.

01 | Show Up Well: Self-Love & Self-Respect

Develop a healthy relationship with yourself and confidence that does not depend on outside approval.

- Understand self-love, self-care, personal standards, and healthy boundaries.
- Build confidence and recognize behaviors tied to insecurity or low self-worth.

02 | You Wear It Well: Fashion & Undergarments

Explore how personal presentation communicates confidence, comfort, and self-respect.

- Consider fit, proportion, grooming, personal style, and clothing for different occasions.
- Understand undergarment etiquette and the difference between attractiveness and seeking attention.

03 | Dealing with Distractions: Protecting Your Focus

Recognize situations and relationships that draw energy away from personal well-being.

- Distinguish attention from meaningful connection and identify unhealthy attachments.
- Set boundaries around dating, communication, intimacy, social media, and personal time.

> *Not everything that gets your attention deserves your energy.*

WORKSHOP 05 / SIX WORKSHOP OPTIONS

When Two Become One

FACILITATOR · Pastor GC Ra'Ifa

A marriage enrichment workshop for wives, focused on identity, prayer, connection, and keeping romance alive.

01 | Somebody's Wife: Embracing the Role

Explore marriage as a partnership while retaining personal identity, values, and voice.

- Communicate with love, honesty, and respect.
- Support your husband while maintaining individuality and healthy boundaries.

02 | A Praying Wife: Covering Your Marriage in Prayer

Consider prayer as an intentional practice for your husband, marriage, and family.

- Distinguish intercession from interference and prayer from attempts to control.
- Use Scripture, discernment, and consistent prayer through changing seasons.

03 | Date Night: Keep Dating the Man You Married

Reconnect beyond everyday routines and responsibilities.

- Create meaningful dates and conversations regardless of budget.
- Renew friendship, affection, playfulness, and appreciation for who your spouse is today.

> *You said "I do." Don't forget to keep saying "I choose you."*

Finances: How to Be Good Stewards & Grow Wealth

FACILITATOR · Pastor Cathy Griffith

A practical, faith-centered approach to financial stewardship, healthier money habits, and long-term financial goals.

What participants will explore

- **Biblical stewardship:** Managing money wisely and responsibly.
- **Budgeting:** Building realistic plans for income and expenses.
- **Spending wisely:** Spotting unnecessary expenses and emotional spending.
- **Saving:** Developing consistent habits and an emergency fund.
- **Debt management:** Understanding debt and planning repayment.
- **Credit and financial health:** Understanding credit and the impact of financial decisions.
- **Growing wealth:** Exploring assets, income, investing, and generational wealth.
- **Financial goals:** Translating long-term aspirations into measurable next steps.

> *Money is a tool. Learn to manage it well, multiply it wisely, and use it intentionally to build the life and legacy you desire.*