

# Workshop Schedule

**Choose 3 Workshops per day.**  
Your lunch will be during Workshop B or C.

Workshop Name	Presenter	Room	Capacity	A 10:00am	B 11:15am	C 12:30pm	D 1:45pm
Stay Curious - How Questions and Doubts Can Save Your Faith	<b>Featured Speaker</b> Stephanie O'Brien	KPH	500				
Grief, Humor, and Purpose	<b>Featured Speaker</b> Melissa Mork	KPH	500				
Be Still, My Soul	Heidi Sawyer & Heather Hood	Nazareth Chapel	200				
Discovering Your Genius with Joy	Leslie Chermak	G140	50				
Does Sex Restore Your Soul?	Ruth Buezis	G140	50				
Financial Conversations for Women	Lynnette Mahlke & Sabrina Fay	G227	50				
Help! I Have a Prodigal	Judy Slegh	F1360	100				
Hospitality Reimagined: Welcoming God and Others	Jenna Thompson	F2211	65				
Journey Into Healty Relationships with Others	Julie Sampson	F2106	200				
Learn to Pray a Breath Prayer	Lori Wildenberg	F2128	200				
Learning for God	Erica Sundvall	G227	50				
Medicare 101 - Putting Medicare Pieces Together	Lynnette Mahlke & Sabrina Fay	G227	50				
Our Forever Baby: A Story of Healing and Redemption	Marsha Grunds	G115	60				
Positive Communication in a Polarized World	Karly Hall	F2106	200				
Set Aside the Distractions and Savor the Present	Heather Cruz	Nazareth Chapel	200				
Simply, Live Your Best Life	Renee Carlson	F1360	100				
Spiritual Formation and Generation Z	Megan Brown	G115	60				
Trusting the Lord in Disappointment	Heidi Hoefs	F2211	65				
You are More than Enough	Lisa Wilt	F2128	200				

**All workshops are offered Friday and Saturday.**

KPH = Knight Performance Hall

F = Totino Fine Arts Center

G = Graham Commons



= Denotes Workshop Offered

**All views of the Keynote Speakers and workshop presenters do not necessarily represent the views of University of Northwestern – St. Paul. Workshop information and times are subject to change.**