

# YQ24 WORKSHOPS

## YOUTH WORKER SESSION

### **Rob Chartrand – Building a Resilient Life**

Nearly half of ministry leaders don't make it past the first five years of ministry. How do you beat the odds and build a resilient faith to face life's greatest challenges? Ministry is supposed to flow out of the abundance of your life in Christ – so how do you dig deep channels to keep the current moving? Resiliency and abundance don't happen automatically or accidentally but intentionally. In this seminar, we hope to provoke your thinking about how you prioritize and organize your life in ministry. We'll also explore the habits and practices you need to train your loves and order your private world. Finally, we'll examine how to pass these faith-forming practices to your youth.

## OPTION SESSION 3

### **YQ Interns – God Doesn't Have Grandkids**

Growing up in a Christian home can be challenging, and at some point, you must decide what you believe and what you will stand for. You get to embark on a quest of making your faith more than what your parents have raised you to believe. The four YQ interns understand your struggle; each of us were raised in Christian families! Join us to discover that you're not alone in your experience, and gain practical tools to begin your journey of apprenticing under Jesus.

### **Briercrest Worship – Why Worship**

What is worship? Why do we do it? Join Briercrest Worship as we work through these two questions followed by a time of unplugged musical worship.

## OPTION SESSION 4 & 5

*Option Session 4: Green Bands | Option Session 5: Blue Bands*

### **Ellen Duffield– Brave Girls**

Studies show that a woman's confidence peaks at age 9, significantly impacting her ability to step into all God is calling her to be and do. Age 9!?! This highly interactive workshop, led by the founder of BRAVE Girls ([bravegirls.ca](http://bravegirls.ca)), weaves scriptures, stories and activities that help us to find our BRAVE way. Be sure to bring a notebook with you for the scrapbooking exercise.

### **Karym Coleman – Brave Boys**

Becoming a Brave Boy can be a challenging journey. This highly interactive workshop offers scriptural stories as well as powerful models, tools and fun activities around identity, courage and wise decision making to help young men grow into the fullness of who God created them to be. Be sure to bring a notebook with you for one of the hands-on activities.