



Mothers & Others

## Speaker Schedule 2011 - 2012

**Sept. 13** - Introductory meeting (no speaker), team building activity, *Get to know each other.*

**Oct. 11** - Dr. Lisa Kotas, OB/GYN

She is coming to address any areas about which we would like to hear. She can discuss pregnancy, birthcontrol, hormone replacement therapy and menopause, screening exams, talking to your children about sex (including a review of anatomy and normal hormonal cycles), gynecologic problems (bleeding problems, PMS, cramps, pain with intercourse, "itching," incontinence), depression, etc. We will get input in September so that she prepares information for October.

**Nov. 8** - Teresa Lusk, speaker/author

Discussion titled "You are good enough". She will speak on God's message of empowerment and overcoming. She believes that everyone has the opportunity for a better life through persistence on one's part, a support system, and most importantly, God. She will share her testimony of struggles to success, giving God credit for her transformation. She has written two books, *Good Enough to be a Homemaker and CEO*, and *More*.

**Dec. 13** - Jody Capehart, speaker/author

Discussion titled "Cherishing and challenging your children". Her talk takes a balanced look at the many aspects of cherishing and challenging the children in our lives to be all they can be for Jesus Christ. She will discuss personalities, how children learn, discipline, self-esteem, teaching responsibility, caring communication, prayer, and reading with children.

**Jan 10** - Kristin Kons, certified natural foods chef & holistic nutrition coach

Discussion titled "Eating with purpose". Her presentation is about nourishing your mind, body and spirit with food and faith to help support you in accomplishing what you were put on Earth for—to live life to the fullest.

**Feb. 14** - Andrea Jones, president, The Relationship Coaches

Discussion titled "Sexuality in a Christian marriage". Andrea will offer a new approach to an old topic. Her goal is to provide positive, creative and loving solutions for bringing more love and intimacy into marriages. She has years of experience speaking and coaching on business and personal relationships with an "out-of-the-box", real approach.

### **Mar. 13 - Melissa Woods, counselor, psychological testing & adult therapies**

Discussion titled "No Scream Parenting". Melissa is the Director of Clinical Services at Gearing Up, where they teach clients to understand their entire wheel of emotions for a more typical and appropriate response to events.

### **Apr. 10 -Dr. Kathy Koch, founder and president of Celebrate Kids**

Discussion titled "How am I smart?" Kathy will focus on how we can help children discover and use their intelligences. Are they word smart, logic smart, picture smart, music smart, nature smart, body smart, people smart, self smart? Learn how each type thinks, acts and learns in order to help them achieve great success.

### **May 8 - Karol Ladd, speaker/author**

Discussion titled "Power of a positive mom". In her talk, Karol brings to light 7 Biblical principles to help women make a positive impact on the world around them. She gives positive encouragement to help women in life, work and relationships.