

TURNING A WORKTALK MODULE INTO A DAY CONFERENCE

Once you have enjoyed learning about the cross in the WORKTALK way you may like to explore one of the Modules in greater depth by devoting a whole day to it. As you use the WORKTALK material you may find that one Module in particular strikes your group or church as appropriate for deeper work. You can then decide to host or book a day conference in your church, area or state. Such a day would consist of three or four teaching sessions delivered by Geoff Shattock. Day conference programs currently exist related to:

Module One Dealing with Personal Pressure and Stress Module Two Being Good News to Others **Module Three** Balancing Work and Home Life Module Five Bring Real

WHAT WOULD SUCH A DAY LOOK LIKE?

A Module One day may be called All Stressed Up and Nowhere To Go A spiritual guide to stress reduction

Topics would include:

What is pressure and stress? How does it affect my mind, feelings and body? How can I spot stress in myself and others? How did Jesus react to pressure? What is the key stress management skill? How does my faith help me to cope with stress? How can I handle my own pressure and stress on a daily basis?

A Module Five day may be called **Doing the Work You Were Born To Do**

A day to connect you with your calling

Themes would include:

Exploring and exploding myths surrounding guidance, calling and gifting, this day will take you right to the core of your being, thus enabling you to connect who you are with a sense of mission and calling from God in the real world so that you can do the work you were born to do. A Module Three day may be called **The Platespinner's Guide to the Galaxy** A spiritual guide to finding balance

Topics would include:

How can I find a sense of balance in my life? How do I work out what is important to me? How can I avoid being distracted and fragmented as a person? Can I learn to balance the many roles I have at work, home and church? How can I reduce worry and anxiety? What does it mean to succeed? How can I improve my relationships with those who are really important to me?

From time to time WORKTALK will put on day conferences covering one or several of the WORKTALK specialist areas. If you are a member at the website we will notify you of these. To register your interest in a conference, email comms@worktalk.gs