

Promise Keepers *Courage 2019* CHRISTCHURCH ELECTIVES

		VENUE 1 Auditorium	VENUE 2 Beside Kitchen (RBC1)	VENUE 3 Hallway Left (RBC2)	VENUE 4 Hallway Right (RBC4)	VENUE 5 Upstairs (RBC5)
		Go straight to your Elective at 1pm				
ELECTIVE 1 1pm to 1.55pm		<p style="text-align: center;">Sex and Intimacy <i>Women want to feel loved to give sex. Men want sex to feel loved. This tension means that our relationship is very important to true intimacy.</i></p> <p style="text-align: center;">Richard Black <i>All men</i></p>	<p style="text-align: center;">Determined to Succeed: Grit, Passion & God <i>Grit is sticking with your future... to make your goals a reality. It takes courage and vision to succeed.</i></p> <p style="text-align: center;">Psychologist Bev Monahan <i>All men</i></p>	<p style="text-align: center;">Dealing with Dark Times <i>25 years of things going from bad to worse. Knowing God is with us even in the dark moments.</i></p> <p style="text-align: center;">Mick Duncan <i>All men</i></p>	<p style="text-align: center;">Israel Pilgrimages <i>Pilgrimage in the Holy Land. Journey through past and present Israel.</i></p> <p style="text-align: center;">Mike Hawke <i>All men</i></p>	<p style="text-align: center;">Spiritual Strength <i>Being firm in your faith "Be strong in the Lord and in His mighty power" Eph 6:10</i></p> <p style="text-align: center;">Peter Meafou <i>Youth focus - all men welcome</i></p>
	5-minute travel time between Electives (1.55pm - 2pm)					
ELECTIVE 2 2pm to 2.55pm		<p style="text-align: center;">Strengthening Couples <i>Building on foundations of love, trust & hope. Dealing with relationship breakdown & restoration. Communicating effectively.</i></p> <p style="text-align: center;">Richard Black <i>All men</i></p>	<p style="text-align: center;">The Russian Roulette of Porn <i>Is porn ruining your life? Assess whether PK can help you or someone you know find freedom.</i></p> <p style="text-align: center;">Paul Monahan <i>All men</i></p>	<p style="text-align: center;">Preparing for Retirement <i>Preparing for the Third Age Explore the many changes facing you at this time of life.</i></p> <p style="text-align: center;">Peter Goulter <i>All men</i></p>	<p style="text-align: center;">Becoming an 'Alongsider' <i>How to deal with those who are different and difficult</i></p> <p style="text-align: center;">Mick Duncan <i>All men</i></p>	<p style="text-align: center;">Making Your Adventure Count <i>Make an impact with your gifts, skills & passions. The way you live is as important as the path you choose.</i></p> <p style="text-align: center;">Nathan McGowan <i>Youth focus - all men welcome</i></p>
	Afternoon Tea (3.00 - 3.30pm)					
ELECTIVE 3 3.30 to 4.25pm		<p style="text-align: center;">Mind Health for Parents <i>Boundaries, button pushing and bringing out the best. Building trust and regaining trust. Helping your child to tell themselves the truth.</i></p> <p style="text-align: center;">Richard Black <i>All men</i></p>	<p style="text-align: center;">The Authentic Christian Life <i>Anchoring our life to the Word of God.</i></p> <p style="text-align: center;">Authentic Mag. Editor Dave Firth <i>All men</i></p>	<p style="text-align: center;">Managing Your Money <i>Managing your finances with integrity. Helpful tips for each age and life-stage.</i></p> <p style="text-align: center;">Peter Goulter <i>All men</i></p>	<p style="text-align: center;">Understanding and Preventing Suicide <i>Michael is an experienced speaker who combines the latest research on mental health and suicide with practical tools & ways to support.</i></p> <p style="text-align: center;">Michael Hempseed <i>Men aged 14+</i></p>	<p style="text-align: center;">Winning at Life and Relationships <i>Simple keys to intentionally living the best life possible.</i></p> <p style="text-align: center;">Peter Meafou <i>Youth focus - all men welcome</i></p>
	4.25pm travel to Venue 1 (main auditorium - all together) for 4.30pm start					

A 5-minute travel time has been allowed between Electives. Please move quickly!

Subject to change