



Friday August 5th

Special Workshops – additional registration needed

12 pm – Special Workshops Registration Begins

1 pm – Workshops Begin:

Biscuits & Gravy Workshop

Calligraphy Workshop

Crafting Workshop

Official Start of Becoming 2016:

3 pm – Registration Opens

5:30-6:30 pm – Dinner

6:30-7:30 pm – **Welcome & Key Note**

7:45-8:30 pm – **Session #1**

Conquer Mealtimes Madness and Make it Magical

(Christy Jordan – Southern Plate)

Christy believes that mealtimes are important and should be important to us all, because it's through our mealtime conversations that we learn who we are, where we came from and what's expected of us as we go out into the world. No more excuses, no more guilt.

Overflow: Come Alive with Passion, Purpose, & Creativity Despite the Piles of Laundry

(Edie Wadsworth – Life(in)Grace)

As busy ladies with full lives, we often see things overflow --- the laundry, the toilet, the dishes, the anger, the stress. But how do we overflow with all the right things? How do we overflow with love and joy and compassion and creativity? This session will be a mini boot camp to get us headed in the right direction, with 3 amazingly simple but practical steps, lots of inspiration and some advice from a well-seasoned mom running a home business or two.

Renaissance Mom

(Wendy Speake & Kelli Stuart)

In this Pinterest age of handcrafted children's parties and Instagram photos of beautifully decorated homes; it's clear that we are in the midst of a brand new renaissance. Not born in Italian cathedrals or Harlem jazz clubs, but in kitchens, nurseries and living rooms around the world. Mothers, working in the cracks and crevices of each hectic day, are adorning the world with their gifts.

Many creative moms have experienced a season we lovingly refer to as "the dark ages" – a time when every hobby, passion and dream beyond the dream-come-true- of babies has to be laid down for a while. However, history has shown us time and time again that the dark ages always precede a great artistic awakening! Kelli and Wendy will encourage and inspire you to embrace your creative passions and claim your place in today's Renaissance.

Creating a Budget that Works for Everyone

(Jenny Martin – Southern Savers)

Budgets can cause a lot of stress in a home, but they don't have to! Jenny has spent years clipping coupons and cutting her family's budget. She'll cover how to create a budget, decide between needs and wants and how to compromise with your spouse to reach goals and dreams without all of the tears and stress.

Who Are You Sleeping With?

(Amy Wyler – Mommy Scope)

Rediscovering the man in your bed (or the man you married) after life, kids and jobs take over. In a world where we are pulled in 1,000 directions and are saturated in a "whatever makes me happy" mentality, how do we take back the reins on our relationship? Learn real life tips on reclaiming and restoring your marriage, realizing the tie that binds is something you have had all along...

Through humor and tell-it-like-it-is bluntness, Amy encourages and motivates you to love the man you are sleeping with again. Be prepared to put on those big girl panties and dive on in.

8:45 pm – **Girl's Night In**

Girls Night In Sponsored by Bi-Lo



10:30 pm – Zumba

Saturday August 6th

6:30 am – Bible Study

7:15-8:15 am – Breakfast

8:30-9:15 am – Large Group

Learning to Limbo

(Wendy Speake – WednySpeake.com)

We talk about letting go of perfectionism, but no one's got a formula for how. Learning to Limbo is a fun but applicable lesson, suggesting simple ways to lower those unrealistic expectations in order to reclaim your joy again! From hospitality and DIY projects to parenting and marriage, we'll talk about what it means to lower the bar... and we may even have to limbo under it!

9:15-9:25 am - Break

9:25-10:40 am – **Session #2**

Hand Lettering & Chalkboard Lettering Class

(Maghon Taylor – All She Wrote Notes)

Maghon has made a business out of writing curly letters. She will show you practical tips and tricks of how to make your everyday writing pop whether it be on a chalkboard at home, a Christmas card or a note of encouragement to a friend.

25 Unique and Creative DIY Projects for your Home

(KariAnne Wood – Thistlewood Farms)

Looking to redecorate but the budget won't cooperate? Sometimes all it takes to transform a room is a fresh perspective. Join home décor blogger, speaker and side-of-the-road shopper KariAnne Wood from Thistlewood Farms as she shows us how to rework a space by using items you already have in the house. DIY projects, ideas and room projects... all on a budget.

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The \$100 Life

(Jen Schmidt – Balancing Beauty & Bedlam)

We can easily spend \$100 on dinner and a night out, but have you ever thought what \$100 can do when strategically applied? Frugal living expert, Jen Schmidt, will dissect how we can use \$100 to revolutionize many areas of the home. Just a few topics: How to save on food, how to decorate a room for \$100, how to throw an amazing party for \$100, how to entertain your kids this summer for \$100 and more! If you love learning more creative ways to use your money, this session is for you.

Can You Be Crunchy Without Going Broke? Natural Living the Frugal Way

(Erin Odom – The Humbled Homemaker)

A few years ago, Erin Odom and her family were barely making ends meet, yet she desperately wanted to feed her family healthy foods and create a toxin-free home. If you have been overwhelmed by the cost and process of becoming a more naturally-minded mom, come hear Erin share her secrets, including:

- What genetically modified foods are and how to avoid them
- Potentially toxic ingredients to avoid in the home and on your body
- How one bottle of vinegar, a little soap and some affordable essential oils can clean your whole house

(encore presentation from 2015)

Managing the Mundane & Surviving the Insane

(Holly Dvorak – Controlling the Spin Within)

If your sink is full of dirty dishes and a mountain of unfolded laundry is calling your name, stop right now! Don't spend another day unable to enjoy what you want to do because you can't get past what you have to do. Join Certified Family Manager Coach, Holly Dvorak, in this eye-opening session designed to focus on what matters most in your world by discovering three important tasks to conquer each day, practical tips for getting them done and the key to making the best of your newfound time. For those juggling an overflowing and overwhelming to-do list, be encouraged! Your stress-less life is just three steps away.

(encore presentation from 2015)

10:40-11:00 am – Break

11:00-12:15 pm – **Session #3**

Saving on Everything

(Jenny Martin – Southern Savers)

Even when you have more money in the bank account, that doesn't mean you should throw your coupons out the window. Let's see if we can work on paying off debt and putting more money into savings! This practical money-saving class will cover everything from saving on groceries to electricity and maybe even throw in the family pets! Bring your questions and we'll figure out how to help you save on specific needs/wants too.

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Leaving a Lasting Legacy

(Jen Schmidt – Balancing Beauty & Bedlam)

We are all leaving a legacy, but what kind of legacy do you wish to leave? Regardless of our stage of life, Jen will encourage us to maximize family time and build strong family ties. She'll share life-long lessons learned through her mothering (the good, the bad and ugly), along with the power of weaving simple traditions into everyday life. Learn how to create powerful lifelong associations between family bonding, traditions and values that you cherish.

12:15-1:30 pm – Lunch/Move Out of Rooms

1:30-2:45 – **Session #4**

Hand Lettering & Chalkboard Lettering Class

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The Beauty & Benefits of Mentorship

(Erin Odom & Holly Dvorak)

Erin Odom was a stay-at-home mom of three kids under four when seasoned mama of three teenagers, Holly Dvorak, walked into her messy, crumb-and-clothes-filled living room and threw her a life raft.

“I was drowning in a sea on toddler toys and goldfish crackers and Holly saved me,” Erin says.

Four years later, Erin and Holly are now speaking into the lives of other women together, as they have seen the beauty and benefits that a mentorship relationship can bring to both mentor and mentee.

In this session, Holly and Erin will show you the top 5 benefits of a mentorship relationship and will also cover:

- Why EVERYONE needs a mentor (and why even mentors need mentors)
- How to find a mentor when you don't know where to look
- What can a mentor do for you?

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2:45-2:55 pm – Break

2:55-4:10 pm – **Session #5**

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4:30 – 5:00 pm – Closing

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