

Break-out A Sessions:

Speaker	Breakout Session Description	Audience:
<p>Ken Shigematsu</p> <p>Ken Shigematsu is the Senior Pastor of Tenth Church. He is a recipient of the Queen Elizabeth Diamond Jubilee Medal awarded to Canadians in recognition for their outstanding contribution to the country. Ken is the author of the award-winning bestsellers <i>God in my Everything</i> and <i>Survival Guide for the Soul</i>. Ken lives in Vancouver with his wife, Sakiko, and their son, Joey.</p>	<p>Meditation: How Silence Makes our Mind and Soul Whole</p> <p>In this session, we will explore how meditation awakens us to a fresh encounter with God’s presence and helps us experience more inner peace and joy, better creativity and recall, and less anxiety and depression.</p>	<p>All Volunteers + Leadership</p>
<p>Krista Boyes + Julie Neufeld</p> <p>Krista Boyes</p> <p>Krista Boyes, B.A., B.Ed, is a Children’s Pastor, Curriculum Writer and Central Support Coordinator at Tenth Church. Krista has 16 years teaching experience and is also a parent to two busy boys.</p> <p>Julie Neufeld</p> <p>Julie graduated with her counselling degree from Columbia Bible College in 2011. Since then she has worked closely with women, and children in a variety of roles. Julie has been the Childrens Director at Tenth since 2019 and is also currently the Family Ministries Assistant.</p>	<p>Building Sunday Routines for School Age Kids</p> <p>We are all fearfully and wonderfully made, with a unique recipe of God-given passions and learning styles. However, research shows that consistency and routine create safe spaces for kids to step out of their comfort zones and into liminal spaces of growth and transformation. Learn how to bridge consistency and creativity through routines at church.</p>	<p>School Age Ministry</p>

<p>Alexia Gillespie</p> <p>Alexia brings over 20 years of experience as an educator in a variety of settings, working with both adults and children. She is passionate about supporting people to cultivate connection, create healthy community and make small sustainable changes that over time help them thrive in every aspect of their lives. Alexia has her own health coaching practice and is the founder of Strong Healthy Kids.</p>	<p>Raising Strong Healthy Kids - Body, Mind & Spirit (Part 1)</p> <p>In this interactive workshop, we'll explore different ways to cultivate a strong adult-child connection and role model health in the fullest sense. We'll also talk about how to support children & youth to develop the foundational habits & practices that will help them thrive physically, mentally, emotionally and spiritually.</p>	<p>Parents</p>
<p>Min-Soo Kang</p> <p>Youth & Young Adult Coordinator, <i>Journey Canada</i></p> <p>Min-Soo joined the Journey staff in 2016. He has a MDiv from Tyndale Seminary, has directed a young adult's ministry and served as a youth pastor in Toronto. Min-Soo has a desire to be a resource to youth pastors and parents as they guide the next generation in following Jesus with passion and integrity.</p>	<p>God's Intention for Sex and Sexuality:</p> <p>This session will outline what God has intended for our sexual nature and what the purpose of sex is. Participants will leave with ways to communicate these truths to the next generation and new questions to wrestle with themselves.</p>	<p>Parents, Crew Leaders</p>
<p>Laurence Vicencio</p> <p>Laurence Vicencio has been Tenth Church's Preschool Tenth Kids Pastor for 4 years, and a vital part of Family Ministries for 6. With a BA in communications, Laurence is passionate about communicating God's love to toddlers and preschoolers, knowing that this is important foundational work in their life-long journey of faith.</p>	<p>What You Do Matters: 5 Myths about Working with Preschool Kids</p> <p>Why does it matter for us to teach Preschool kids about God? Will they even understand God's big story? Working with kids under age 5 is more than just giving out fish crackers, playing silly games, and "just babysitting." In this breakout, we will debunk common misperceptions about preschool ministry and talk about why working with Preschool kids might be the most</p>	<p>Preschool Ministry</p>

	<p>important work we can do! Drawing from developmental psychology research and God’s plan for human flourishing, we will discover that our work is foundational to who preschoolers see themselves as, as a person and how they see God.</p>	
<p>Lindsay Sealey, BA, MA Ed. Founder of Bold New Girls Educational Consultant Author of Growing Strong Girls www.BoldNewGirls.com</p>	<p>Super Girl Syndrome - Helping teen girls shift from pleasing and perfecting to their true “super powers”</p> <p>Today, girls feel the pressures to be pretty, popular, and talented. They are striving to fit in, keep up, and be all things to all people. Yet, girls are more stressed and anxious than ever before and consistently report feeling “not good enough”.</p> <p>By understanding the teen girl’s brain, the plethora of changes that accompany growing up, and the world of stressors and social media she is navigating, this break out workshop will provide you with valuable information about a teen girl’s experience and the tools you need to support her to discover her true super powers and most authentic self!</p>	<p>Parents of Girls, Girls Crew Leaders</p>