



## Fall 2025 Personal Growth Day Workshops

Please note, not all workshops are available all six sessions.

CATEGORY	Workshop Title	1	2	3	4	5	6
ADULTING & LIFE SKILLS	Becoming Captain Planet (Presenter: Nate Sams, Known Church)	X	X	X			
	Conflict Resolution (Presenter: Alan Boelter)			X	X		X
	Credit and Saving: Getting Ready for the Future (Presenter: Sun West Credit Union)						X
	First Aid CPR AED (Presenter: Paula Raymond, Everyday Heroes CPR)					X	
	Healthy Living: Foundations for a Balanced Lifestyle (Presenter: Dr. William Hesse)						X
	Life's Little Advices (Presenter: Will Thompson)	X	X	X	X	X	X
	Relationship Discussion (Presenters: OUAZ Grandparents, Maddie and Art Johnson)		X	X	X	X	X
	Restoring the Lost Art of Civil Disagreement (Presenter: Vince Bissey, Grace Point Church)	X		X			
Time Management: A Pathway to a Better Life				X	X	X	
CAREER & PROFESSIONAL DEVELOPMENT	Design Your Life: Find Your Core Values & Career Path (Presenter: Alex Koupal, Alimental Business)		X				
	Dining Etiquette (Presenter: Marguerite Eberle and Sarah Eberle)	XX		XX		XX	
	I.D.E.A.S for Creative and Caring Leadership (Presenter: Gary Streater)			X		X	
	Mind in Motion: Sharpening Skills Through Mental Challenges (Presenter: James Hamill)	X	X				X
	Navigating the Workplace in the Age of AI (Presenter: Ulises Cruz)	X					
	Networking (Presenter: Todd Simpson)	X	X		X		X
	Next Season, Greater Purpose (Presenters: Kristin Steele and Killjan Anderson)			X	X		
	Podcast With a Purpose – What Does It Really Take? (Presenter: Sunny Chayes)	X		X			
GENERAL INTEREST & PERSONAL DEVELOPMENT	Art & Resilience: Cultivating Inner Strength Through Creativity (Presenter: Tracey Robinson)	X	X	X	X	X	X
	Film Production (Presenter: Jonathan Head)	X	X	X	X	X	X
	How's Your Bible Reading Going (Presenter: Nate Sams, Known Church)				X	X	X
	Is This It - Or Is There Something More? Real Conversations About Life, Purpose and God (Presenter: David Orona, City Church)	X	X	X		X	X
	Life on Mission – How To Live Boldly With Purpose (Presenter: Matt Palmer)		X				
	Self Defense (Presenter: Scott Bowen, Rukkus Athletics)	X	X	X	X	X	X

### Fall 1 Workshop Dates:

- Session 1: September 3 and 10
- Session 2: September 17 and 24
- Session 3: October 1 and 8

### Fall 2 Workshop Dates:

- Session 4: October 22 and 29
- Session 5: November 5 and 12
- Session 6: November 19 and December 3



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## Fall 2025 Personal Growth Day Workshops

### ADULTING & LIFE SKILLS

#### **Becoming Captain Planet – Sessions 1, 2 & 3 (Presenter: Nate Sams, Known Church)**

When three key qualities combine you become the ideal team player. Being a team player can make or break your success not just on a team but in life, work, and a family. These three specific qualities when combined can be powerful. If one is missing, teamwork becomes significantly more difficult, and sometimes not possible.

#### **Conflict Resolution – Sessions 3, 4 & 6 (Presenter: Alan Boelter)**

The purpose of this workshop is to look at conflict and the good that can come from it, if done in the right way. The more we expose ourselves to conflict the better we become at handling it, and the more successful we can become in the work world. Conflict should have a resolution and that should be the goal, not just to be in conflict. Understanding the conflict resolution process and having the ability to mediate that process is valuable to businesses.

#### **Credit and Saving: Getting Ready for the Future – Session 6 (Presenter: Sunwest Credit Union)**

Get ready for an engaging, hands-on workshop led by the Sunwest Credit Union Team! You'll learn real-life strategies for budgeting and building your credit to help you reach both your short-term and long-term financial goals, this interactive session will give you the tools and confidence to take control of your money.

#### **First Aid CPR AED – Session 5 (Presenter: Paula Raymond, Everyday Heroes CPR)**

The First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner.

#### **Healthy Living: Foundations for a Balanced Lifestyle – Session 6 (Presenter: Dr. William Hesse)**

Invest in your well-being with our comprehensive Healthy Living course. This engaging workshop empowers you with the knowledge and skills to adopt a balanced lifestyle, enhancing your physical, emotional, and mental health by creating your personalized life-balance wheel. Join us on this transformative journey toward healthy living and unlock a more vibrant, balanced you. Bring your laptop or iPad to this workshop.

#### **Life's Little Advices – Sessions 1, 2, 3, 4, 5 & 6 (Presenter: Will Thompson)**

Collective learning of small snippets on advice to help navigate life's challenges. Students will also participate in peer-to-peer learning through anonymous sharing of experienced life lessons.

#### **Relationship Discussion with OUAZ Grandparents, Art and Maddie – Sessions 2, 3, 4, 5 & 6 (Presenters: Art and Maddie Johnson)**

Meet with OUAZ Grandparents to have a meaningful discussion about how to develop and maintain healthy relationships in your life.

#### **Restoring the Lost Art of Civil Disagreement – Sessions 1 & 3 (Presenter: Vince Bissey, Grace Point Church)**

How conflict can & should strengthen relationships:

1. Give students tools to help them humbly & confidently engage in real conversations (and more importantly, real friendships) with people they passionately disagree with on important issues.
2. Show how this humble confidence is rooted in the gospel.
3. Practice "civil disagreement" together as we identify & discuss commonly divisive issues with respect, seeking to listen, learn & love instead of confront & persuade.



## Fall 2025 Personal Growth Day Workshops

### **Time Management: A Pathway to a Better Life – Sessions 4, 5 & 6 (Presenter: Chet Keizer)**

Time is so precious! How we manage ourselves timewise makes a significant impact on our productivity, effectiveness, quality of life, health, and many other factors. This workshop will cover various ways to better manage your time and develop self-discipline to stay on track. We will review various products and resources available to help you. Taking this workshop will be “time well spent”! It’s about time!

### **CAREER & PROFESSIONAL DEVELOPMENT**

### **Design Your Life: Find Your Core Values & Career Path – Session 2 (Presenter: Alex Koupal, Founder of Alimental Business & Alimental Life)**

What if your dream life wasn’t just a dream? In this hands-on, creative workshop, you’ll go beyond personality quizzes and job titles to uncover your core values — the deep drivers that make life meaningful to you. Through a guided visualization and drawing exercise, you’ll imagine your ideal retirement, exploring what your life looks, feels, sounds, and tastes like at the end of a fulfilling career. Then, we flip the script with a surprise addition to this exercise to drill down to what REALLY motivates you! You’ll walk away with a clearer sense of what matters most to you, how those values can guide your career choices, and why doing what you love (not just what you’re good at) matters more than ever. Supplies provided. No art skills required. Just bring your full imagination.

### **Dining Etiquette – Sessions 1 & 2, 3 & 4, 5 & 6 (Presenters: Sarah Eberle and Marguerite Eberle)**

This workshop runs for two sessions and counts as two workshops. During the first two weeks of the workshop, you will learn the proper etiquette for business and formal dinners. Then during weeks three and four, you will have the opportunity to participate in an Etiquette Lab and will be able to practice your skills at a formal dinner that will begin after Spirit Life and go until the end of the PGD workshop time. When signing up for this workshop, please note you are signing up for two consecutive workshop sessions so do not sign up for another workshop right after this workshop (For example, if you sign up for the workshop in Session 1, do not sign up for a different workshop for Session 2 because the Etiquette Lab is during Session 2).

### **I.D.E.A.S for Creative and Caring Leadership – Sessions 3 & 5 (Presenter: Gary Streeter)**

Join Gary Streeter, owner and Chief Guide of Next Level Performance Guiding LLC, for an insightful, interactive and thought-provoking look at leadership. I.D.E.A.S breaks down the five essential components of leadership while also underscoring that great leaders generate their own ideas and create an environment in which others feel empowered to generate and act on ideas. You will learn about how to ask Quest-ions, how to BALLER and the 4 T’s of giving receivable feedback. You will have opportunities to share with your fellow students in small groups as well as the entire group and participate in activities to reinforce the I.D.E.A.S. concepts.

### **Mind in Motion: Sharpening Skills Through Mental Challenges – Sessions 1, 2 & 6 (Presenter: James Hamill)**

Your brain is your most powerful tool—so why not train it like you would any other muscle? In this interactive two-day workshop, you’ll explore how brainteasers and lateral thinking can improve memory, concentration, and problem-solving skills—all while having fun with your peers.

On Day One, you’ll work in teams to crack riddles and stretch your creative thinking. On Day Two, it’s time to put your skills to the test in a 1% Club-style challenge, designed to simulate problem solving in a competitive environment.

Whether you’re preparing for your future career or just want to think faster and sharper, this workshop will give you the tools to train your mind.



## Fall 2025 Personal Growth Day Workshops

### **Navigating the Workplace in the Age of AI – Session 2 (Presenter: Ulises Cruz)**

This workshop will discuss how the workplace environment has changed with AI tools, why AI is important and provide information on how individuals can approach the use of AI to stay up to date and competitive in the workplace.

### **Networking – Sessions 1, 2, 4 & 6 (Presenter: Todd Simpson)**

“If you want to go fast, go alone. If you want to go far, go with others.” African Proverb

City of Surprise Community Outreach & Grants Manager Todd Simpson will share professional networking techniques and examples in this fast-paced, interactive personal growth day workshop. Discussion topics will include your personal mission statement, personal elevator pitch, networking strategy, networking tools and more.

### **Next Season, Greater Purpose – Sessions 3 & 4 (Presenters: Kristin Steele and Killjan Anderson)**

“Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” — Philippians 3:13-14

With over 40 years of combined experience helping high performers navigate pivotal transitions, Kristin and Killjan bring real talk in a candid, high-energy conversation about what happens after the final whistle. Their backgrounds span from competing as athletes themselves, to Kristin’s leadership as a collegiate coach and administrator, and Killjan’s service in the military before becoming an executive in and around both the NBA and NFL. Together, they share an insider’s view of the emotional, professional, and personal shifts that come with moving from competitive sports into life’s next season—and how faith, values, and personal drive can anchor you through it.

#### Did You Know?

- Former collegiate athletes are more likely to be thriving in purpose, relationships, and community.
- Employers prize athlete skills—discipline, resilience, teamwork, leadership.
- Student athletes have higher earning potential and are more likely to hold executive positions.

### **Podcast With a Purpose – What Does It Really Take? – Sessions 1 & 3 (Presenter: Sunny Chayes)**

An intro to the preparation, behind the scenes, and the ins and outs of participating in a podcast. Perhaps maybe creating your own? Learn the importance of your message, the power of your words, the art of the question, the value of all the elements of creating a Podcast. This seminar will introduce you to the new POD WITH A PURPOSE course.

## **GENERAL INTEREST & PERSONAL DEVELOPMENT**

### **Art & Resilience: Cultivating Inner Strength Through Creativity – Sessions 1, 2, 3, 4, 5 & 6 (Presenter: Tracey Robinson)**

Strengthen your emotional resilience in this unique art workshop. Through a hands-on creative activity, you'll learn practical strategies to manage stress, adapt to change, and build a more resilient mindset. We'll use art as a tool for self-discovery and emotional processing, helping you develop new ways to cope with life's ups and downs. In this workshop, you will create fun and inspirational "art-trading cards" that you will share with the other workshop participants. No artistic experience is necessary, just an open heart and a willingness to create.

### **Film Production – Sessions 1, 2, 3, 4, 5 & 6 (Presenter: Jonathan Head)**

In week one, students will learn the basics of film production (key roles on set, set operations, key terms, etc). They will also learn how to appreciate their favorite films from a production perspective. In week two, the classroom will be transformed into a miniature film set. Each student will volunteer for a role on the set to produce a 2-line short film.



## Fall 2025 Personal Growth Day Workshops

### **How's Your Bible Reading Going – Sessions 4, 5 & 6 (Presenter: Nate Sams, Known Church)**

We have God's living Words written for us to grow in deeper relationship with Him but sadly, not everyone knows how to study the Bible or maybe you've been studying but it's time to introduce a fresh way to study that can bring more of God's Word to light. Let's walk through a simple 4 step way that allows the Holy Spirit to reveal more of Gods truth, character and love to you heart and mind. As well as challenge you to put action to your study.

### **Is This It - Or Is There Something More? Real Conversations About Life, Purpose and God – Sessions 1, 2, 3, 5 & 6 (Presenter: David Orona, City Church)**

Objectives:

1. Create a safe, welcoming environment where students can reflect on questions of identity, purpose, and belonging.
2. Use stories, conversation, and reflection to engage students in meaningful dialogue about their beliefs, experiences, and curiosities.
3. Invite students to consider a faith-centered view of identity and love, while respecting all perspectives.

### **Life on Mission – Session 2 (Presenter: Matt Palmer)**

How to live boldly, with purpose in a world full of distractions, chaos and destruction. What tangible steps can we take to ground ourselves in our faith and be ready for action!

### **Self Defense – Sessions 1, 2, 3, 4, 5 & 6 (Presenter: Scott Bowen with Rukkus Athletics MMA and Performance Center)**

Learn effective techniques for self-defense, fitness and awareness. Brazilian Jiu Jitsu (BJJ) is one of the best self-defense martial arts in the world. With ground escapes, joint manipulation and even some choke techniques, even a smaller person can defend themselves against a larger opponent or attacker.

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