

Interactive Seminars and Workshops

led by

Amy White, LPC and William White, Ph.D.

Three formats are available for each theme:

A one-hour session

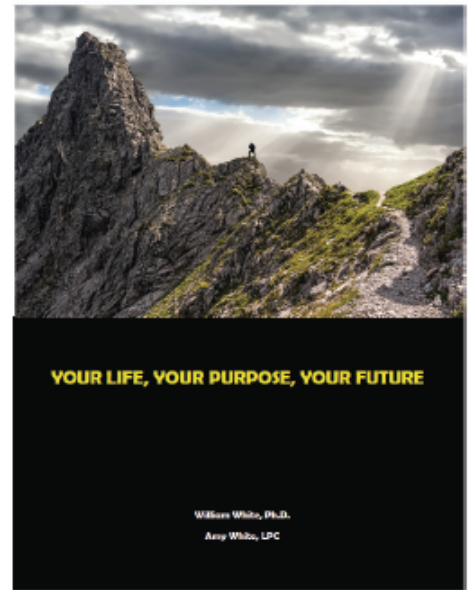
A two-hour session with a break

A weekend session - Friday evening and Saturday morning

YOUR LIFE, YOUR PURPOSE, YOUR FUTURE

For this workshop we draw from our book entitled, “*Your Life, Your Purpose, Your Future*,” The book is available free for download from the BOOKS section on the Ageless IDEAS landing page, at agelessideas.com, and for sale on Amazon. With advance notice, paperback copies directly from Ageless IDEAS are available at a significantly reduced cost.

Create a personal vision and action plan for life’s major areas—spiritual, relational, work/service, and physical/emotional health



How to be better at everything . . .

**GOOD NEWS FROM MEDICAL SCIENCE AND INSPIRATION
FROM THE LIVES OF ORDINARY PEOPLE
DOING EXTRAORDINARY THINGS**



Health is more about your lifestyle choices than your genes, gender, or age. And as you age you will only be able to do what you practice and train for. If you want to be able to leap tall buildings in a single bound at the age of 80, start jumping now!

This interactive seminar offers practical guidelines for performing at your best in all that matters to you.

YOU AS HERO - Celebrate the Story God Is Writing About You



As a child you might have engaged in make-believe play with you as a superman or superwoman—*“more powerful than a locomotive; faster than a speeding bullet; able to leap tall buildings in a single bound.”* But one of the definitions of a hero is more simply *“The main character in a story or narrative.”* As Dr. Francis Schaeffer wrote, *“With God, there are no little places and no little people.”*

God calls you in accord with your unique “personal profile.” Explore and create a plan to express the gifts, abilities, aptitudes,

interests, and passions He has instilled in you.

Have you discovered God’s plan for you as one of His heroes—in accord with His definition of hero?

Discover how you can identify and best express your talents and passions in your work, service, and even your recreational pursuits.



REACH YOUR POTENTIAL FOR OPTIMAL BODY/BRAIN HEALTH AND PERFORMANCE

“I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.” Psalm 139:14

WHY train your body and brain for health and performance?

You are “fearfully and wonderfully made.”

- It honors God by taking good care of His creation—you.
- It helps you improve body/brain ability and health, recapturing what you may have lost through less-than-ideal lifestyle habits.
- It enhances the expression of your passions, gifts, aptitudes, and abilities as you carry out your life calling and purpose.
- As you age, you may not have to give up the work, service, and activities you love and enjoy.



**Challenges?
Yes, but be
unstoppable**



**Be able to go
and do**



**Be a high
performer**

**Aspire and live to achieve
elite performance**

“There is no such thing as a typical older adult.”

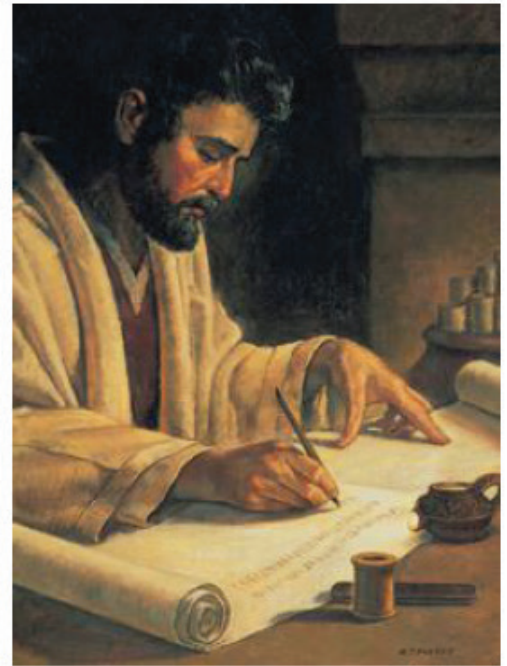
*Dr. Waneen Spirduso, U. of Texas Professor
and nationally-recognized expert on aging*

APOLOGETICS—A short course for today

"Always be prepared to make a defense to anyone who asks you for a reason for the hope that is in you, yet do it with gentleness and respect." (Peter 3:15)

It has been said, "We all are apologists—We are either good apologists or bad apologists."

This seminar is designed to encourage and strengthen you in your faith and help equip you take on the more challenging questions encountered by Christians in today's culture.



HOW TO DEAL WITH DIFFICULT PEOPLE

Scripture provides wise guidelines for dealing with the difficult people in our lives—family, school, work, community—and how we can avoid becoming difficult people ourselves.

For consideration:

- Develop an accurate view of self, choosing reliable sources of truths that accurately describe you, and the “mirrors” of those who reflect an accurate image of who you are.
- Live a life informed by the wisdom of God’s Word
- Take steps to bring closure to things past in your life that negatively impact your continuing present and contribute to you being a difficult person or being vulnerable to difficult people.
- Develop a practical diagnostic framework for recognizing the destructive behaviors of difficult and awful people.
- Put your diagnostic framework to work: Choose wisely in friendships, work (your employees, your boss, your team members), dating, marriage, etc.
- Seek the necessary knowledge and practice the skills for dealing with difficult and awful people.

