



Please note that message titles can be customized to fit your event's theme.

Plain Jane is Extraordinary Too! – Ever feel as if you're an ordinary person living amongst extraordinary people? Using her unique story telling approach, Audrey will share inspirational true stories of ordinary people who experienced extraordinary things. Audience members will be challenged to recognize extraordinary events in their own lives, giving God the Glory for all He does. The title for this one-hour keynote can be customized to fit your event's theme. Another possible title is **Expecting the Extraordinary**.

The Road Called Chaos – Being disorganized affects a person's "emotional bottom line". It breeds stress and throws our world into disarray. Based on the book by the same title, this can be presented as an entertaining keynote or a workshop. It provides techniques and evidence that organization is an achievable goal. Participants will learn the benefits of having more peace in the home as well as step-by-step processes of how to get their organizing projects started.

Get the Mail out of the Oven – This humorous keynote or workshop explores causes for disorganization as well as organizing tips for the kitchen, kids and home office. Time management solutions are also provided.

Frosting, Bows & Bags Under my Eyes – Do you *enjoy* the month of December or do you *endure* it? The holiday season that runs from Thanksgiving through New Year's Day doesn't have to be stress-filled or dreaded. Why not adapt some new habits and traditions that will

have you looking forward to celebrating this special time of year? Audrey will challenge your thinking (and your traditions) in order to allow peace and joy to dwell in your home. 1-2 hour presentation.

Skills & Responsibilities from Tots to Teens

- Parenting can be described as consuming, rewarding, and exhausting. Be encouraged that young children are wonderful raw materials to work with. They are eager to learn with an excitement that is foreign to most adolescents. Broadening children's responsibilities adds to their self esteem as well as confirming their importance in the family. This 1-2 hour presentation is best suited for audiences with young children.

What's for Dinner? – Whether you're a stay-at-home parent or work in an office, we're all busy and we all have to eat. Being organized in your meal planning and preparation does not have to be a burden. This workshop presents Audrey's step-by-step system for moms/dads and busy professionals to save time, money and frustration on meal planning for their families. This 2-hour workshop has an accompanying 36-page workbook and explores:

The cost of family meals in time, money and relationships

- How to turn Meal Time into Family Time
 - Determining your food budget
 - How to set up a meal schedule
 - Planning for the grocery store
- Dealing with the "Picky Eater Syndrome"