



Wednesday Mar 2, 2016
Wasatch High School
6:00 pm-9:00 pm

Keynote Address by

Bob Kittell

You'll laugh, you'll cry, you'll be inspired!

Also offering a variety of great workshops
concerning some of today's most pressing issues.

While parents attend the conference,
we provide Youth Activities for K-5th Grade

FREE! --- Call 657-3240 for more information --- FREE!

FOR THE WHOLE FAMILY

Issues 2016

Workshop Descriptions

Keynote Address: Hope Ignited

Bob Kittell

Bob Kittell is a world-renowned motivational/transformational speaker and humorist. He specializes in inspired learning and living. You'll laugh, you'll cry, you'll leave feeling new hope and energy. His core message is not to be happy when, but to be happy now, so you can make it to when!

Memory Upgrade

Bob Kittell

Memory Expert Bob Kittell will teach you how to remember terms, definitions, formulas, equations, names, faces, and so much more! Astound yourself with new powers of recollection!

Sports: When Passion Turns to Poison

Seth Quealy

View recent situations in athletics where spectators, players and coaches lose control and let their passion for the sport turn to poison. Sportsmanship is a focus at all levels of athletic competition, yet the problem still exists. Discuss the reasons why situations get out of control, and how we can change it.

Digital Dependency

Corbin Gordon & Eric Rowland

More than three million Americans between the ages of 8-18 are suffering from digital dependency, which is one million more people than are addicted to cocaine. Medical authorities are finally noticing. We need to notice too, and realize that there is something we can do.

Are You For Real?

Bridget Cook Burch

Bridget is a best-selling author who uses humor and storytelling to debunk the myths of movies, music, news and other popular media, and show you how to be happy! Her energy and enthusiasm will inspire you!

Beyond Stressed Out

Bridgett Bakula and Amy Watts

What stresses you out? Do you get anxious over things that really shouldn't bother you or things that are out of your control? There are tools you can use to overcome stress! Learn the difference between healthy and unhealthy anxiety, and the physiological effects anxiety has on our body.

Call Me Maybe

Chelsi Goulard

Whether you are just "hanging out" or "going out," learn the elements of a healthy relationship; including communication, trust and respect. Learn how to recognize red flags or problems early on before you're too emotionally attached.

The Mysteries of Money

Tom Stone

Is it all about the numbers? How does money make you feel? Money influences most aspects of our lives, for good.....and for not-so-good. Come and explore some interesting facets to the mysteries of money.

It Only Gets Better From Here

Matt Soren

What can we do to ensure that our life will only get better from this point on--no matter what struggles come our way? Emotional intelligence is the answer! Experts suggest that emotional intelligence can be even more important than IQ in determining if we are set up for success in life. With the help of live music, Matt will share steps to develop your emotional intelligence.

The Magic in You

Brad Barton

Get ready for a high energy magical experience! Brad reveals how the techniques magicians use on stage *for fun*, can disguise dangerous illusions in our lives that aren't *fun* at all.

How to Save a Life

Trudy Brereton

Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR, Question-Persuade-Refer, learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Anyone can learn how to save the life of a family member, friend, colleague or neighbor.