

TURNING 'YUCK' INTO 'YUKS' - STAYING SANE WHEN CHAOS REIGNS

Virtual Continuing Education Event
Thursday, January 20th 6:30 - 8:00 pm CST

Turning 'Yuck' Into 'Yuks' - Staying Sane When Chaos Reigns

We are in an era that makes most of us wish for “the good old days” - when we were not experiencing a cycle of everchanging headlines. Add in the craziness of daily life, with some post-holiday blues, and we have enough stress & uncertainty to pull the covers over our heads and stay in bed. Imagine how our BeFriending relationships are impacted by this phenomenon!

Join the presenter, a former staff member of BeFriender Ministry, now a professional leadership & mental fitness coach, for a “perspective makeover” that will get us through the Manic Mondays (and all the others) with some joy in our hearts.

By attending this interactive session, we'll learn how:

- When all heck breaks loose so should we – re-examining our assumptive world.
- To build relationships earnestly – different ways to empty our cups.
- To avoid the #1 killer in adulthood, being dead serious – and where empathy toward self can heal.
- Plus, tips n' tools to soothe mind & body when all we want to do is hide.

Event Details

Date: January 20, 2022

Time: 6:30-8:00 pm CST

Participate from the comfort of your home or office.

Fee: \$20.00 per participant

During the week of the event, you will receive an email with a link to attend the virtual event.

How to Register

Online: www.befrienderministry.org

Continuing Education / National Office Events

Mail: Complete registration form and send with payment to:

BeFriender Ministry National Office
1120 E. 80th Street, Suite 105
Bloomington MN 55420

Presenter: Julie Berg



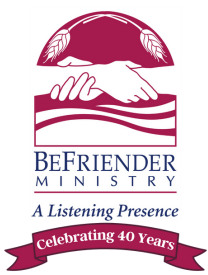
Julie Berg, Principal Consultant of HRD Consulting, St. Paul, MN, is a professional workshop leader, credentialed leadership coach and organization development consultant. She has 30 years' experience in a variety of industries, training & coaching leaders at all levels. She is a former member of the BeFriender Ministry National Office staff.

Julie holds a master's degree in Human Resources Development from the University of Minnesota, is a graduate of The Coaches Training Institute (CTI) and earned her Associate Certified Coach (ACC) credential from the International Coach Federation. She is an instructor at Normandale Community College, adjunct faculty at Winona State University and contract facilitator at the University of Minnesota.

BEFRIENDER MINISTRY

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1120 E. 80th St. Suite 105, Bloomington, MN 55420 • 952-767-0244 • www.befrienderministry.org



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Registrant Information

Please register online at www.befrienderministry.org and choose Continuing Education/National Office Events or complete a form for each registrant and mail together

Name _____

Phone _____

☐ Home ☐ Work

Phone _____

☐ Cell

E-mail _____

During the week of the event, you will receive an email with a link to attend the virtual event.

Preferred Mailing Address:

The address above is my: ☐ Home ☐ Church/ organization

Your Current Role:

☐ Pastor ☐ Staff _____

☐ BeFriender

☐ Volunteer ☐ Other _____

Church/Organization Information

Church/Organization name

Church/Organization address (if not listed above)

Registration Fees

_____ Number of registrations x \$20 = \$ _____

TOTAL amount due to BeFriender Ministry _____

☐ A check payable to BeFriender Ministry in the amount of \$ _____ is enclosed.

☐ I authorize BeFriender Ministry to charge \$ _____ to the credit card listed below.

Credit Card Information

☐ VISA ☐ MasterCard ☐ Discover

Name on Card (please print):

☐ Personal Card ☐ Church/organization card

Card number _____

Expiration date _____

Billing
Address _____

City and State _____

Zip Code _____

3-digit card security code _____

Signature _____

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