**Keynote Presentation Description**

**The Secret Sauce of Marriage** by Dr. Liz Hale

Dr. Liz is set to share the nitty-gritty inside truths about what makes marriage WORK........versus what makes marriage ENJOYABLE! She draws on 28 years of helping couples embrace deeply gratifying joy amidst inescapable peaks and valleys along their marital JOurneY.

**Preconference Workshop Description**

**Realistic Tips to Live More Eco-Friendly** by Emma Parkhurst

Oftentimes, we associate living eco-friendly with spending big bucks or completely changing our lifestyle. Fortunately, that’s not always the case! Join us as we learn simple and realistic strategies to live more eco-friendly in our day-to-day lives. We’ll discuss the many related benefits, budget friendly alternatives, and more!

**Workshop Descriptions** (alphabetical by title of workshop)

**Communication That Connects** by Brandon and Danielle Porter

Build on your successes and overcome specific challenges by applying these tried and tested principles and practices of effective communication. An even more connected and thriving marriage awaits!

**Let's Talk Traditions: why they matter, how to create your own, and unique tradition ideas to celebrate all seasons of life** by Melissa Sunday

Traditions are a wonderful way to bring families together and enable people to connect, contributing to a sense of belonging and comfort. This workshop will explore simple, inexpensive and festive ideas to inspire you and your family to make traditions meaningful (but not overly expensive or complicated).
Marriage 1st Aid Kit: Keeping Marriage Alive by Karen Coulam
Emotional connection often precedes a physical and intimate connection. When there are strong, emotional connections, couples can work through conflict, build and strengthen marital friendship, and have a thriving intimate relationship. This workshop will discuss 3 ways to strengthen emotional connection and work toward stronger intimacy, including bids for connection, 5 magic hours, and love maps.

Modern Family: "How are we going to pay for this?" by Cynthia Honomichl
There is more money now than in the history of the world, yet people still feel tight. Wealthy people think and act differently with their money. Learn 4 steps to building wealth and stop asking "How are we going to pay for this?"

Positive Parenting Principles for Exhausted Parents by “Dr. Dave” Schramm
Caring for kiddos brings some of life’s greatest joys and biggest frustrations. The latest science shows there are true and tried principles that move beyond “what to do when things go wrong” to “helping things go right.” Based on the Positivity Pyramid, Dr. Dave shares principles, practices, and real-life examples of how to nurture and guide children for stronger and happier relationships!

Prioritizing Your Partner With Gifts of Time and Selflessness by Dr. Jonathan Swinton
Bring your spouse/partner and learn to prioritize each other in a demanding, fast-paced and often selfish world. You will learn the keys to rising above the “what’s in it for me” culture and prioritize your relationship. Together you can be the priority you both hope for and create a connection worth nurturing.

What I Learned Interviewing America's Most In-love Couples: How to Have a Relationship Others Want to Emulate by Nate Bagley
In 2012, Nate went on a journey to discover the secrets of true love. He interviewed people from all walks of life to figure out what the happiest couples did that made their relationship different than everyone else's. He will share some of the stories and experiences, and the secrets he's never shared before about having a fulfilling relationship that stands the test of time.

Which of the Four Tendencies Are You? By Mike Whitesides
This presentation will delight attendees and their partners as you learn the “tendencies” of each other, and how they overlap (or not). Be prepared for playful and shocking revelations into what motivates you in your life, and discover how knowing your "tendency" can build understanding and help us make better decisions with less stress and burnout.