EARLY BONUS WORKSHOPS
4:00 to 4:50 p.m. or 5:00 to 5:50 p.m.

Cynthia Honomichl

9 Steps to Strengthen Your Marriage (4:00 only)
Ballroom C
Most everyone goes into marriage with hopes and dreams of a perfect relationship. Life happens and can distract us from our goals. Learn nine simple steps to keep your relationship strong.

Haeli Harris

Creating a Realistic Shared Vision for Your Step Family (4:00 only)
Room 312
Is the reality of step-family life not quite as you envisioned? Come learn how to communicate better when reality isn’t meeting expectations, and how to create a more realistic shared vision. We will discuss the expectations and roles we take, how to communicate our visions, and how to work together and accept when reality is not quite what we planned.

Tristan & Blair Tolman

Couples that Play Together Stay Together
Enhancing Your Marriage Through Dating
Ballroom A
Dating isn’t just for teenagers! Learn why dating in marriage is so important and how it can strengthen your relationship. Blair and Tristan have compiled hundreds of fun, creative dating ideas for any budget. Come hear some of their favorites and get tips for making dating a priority in your marriage.

Spencer Bradshaw

Holding Together Through Tough Times
Wildcat Theatre
How can I be with my partner when I have been extremely hurt by them? How can I find hope and healing when all feels lost? Learn about the brain and relationships, building secure attachment, and healing even during the most difficult times (addiction, infidelity, chronic illness, etc.). Sometimes things that don’t kill us really can make us stronger and help us create the relationship we have always hoped for.

Randy Chatelain

20/20 Vision: Finding Shiny Pennies in Your Marriage (5:00 only)
Ballroom C
Dr. Chatelain will teach you the Secret of a Happy Life and a Happy Marriage. Really! The greatest power in life is the “Power to Choose.” We can learn to intentionally choose our perspective and our focus. These choices shape our feelings, our relationships and our experience of life. Dr. Chatelain will teach you how to “Find the Shiny Pennies” in your partner and your marriage. Indeed, being happy and having a happy marriage can be an intentional choice and skill.

Douglas Hunt, Jon Ostler & Nate Barker

Planning Provides Prosperity
Room 404AB
(presented at 5:00 and repeated at 6:00)
Who is managing our bills? How can we work together? Are we properly planning to save enough for retirement? Will we be able to outlive our money? Join us for an eventful, educational discussion in growing your financial future! Easy to understand advice from professional advisors. Learn about spending plans and how to work together as a couple. Learn some of the most effective ways to save for and enjoy retirement. Understand the best time to pay off your mortgage. Interactive question and answer sessions.

DINNER BREAK—BRING YOUR OWN TAKE-OUT AND ENJOY!
(Limited food options available in the Atrium dining area—see folder for details.)

OR

Enjoy select bonus workshops you may have missed (see above).
(Please plan on bringing dinner with you as doors will close promptly at 5:00 p.m.)
Choose any two of the following workshop options:

**Jeremy Boyle**  
*Intimacy Attitudes and Intimate Thoughts*  
Ballroom A  
Gain a greater understanding and awareness of factors that impact your intimacy attitudes and your intimate thoughts and learn ways to create a stronger and more satisfying intimate relationship with your partner.

**Emil Harker**  
*Creating a Custom Marriage*  
Ballroom C  
What are your MARRIAGE goals? Chances are you don't really have them. You might have family goals and personal goals, but are you living your marriage with intention and collaboration? This workshop is going to get you and your spouse literally on the same page in terms of a what a mutually satisfying marriage looks like. Then Emil will show you how to create a custom-built marriage.

**Hailey Holmgren**  
*Wife or Wifi: Navigating technology use in relationships.* (6:00 only)  
Wildcat Theatre  
Current research suggests that technology negatively impacts individuals and relationships in terms of distractions, mental health, and more, but it isn't all bad! This workshop will cover both positive and negative effects of technology use in families, and will provide suggestions for maintaining balance in using technology and strengthening relationships.

**Douglas Hunt, Jon Ostler & Nate Barker**  
*Proper Planning Provides Prosperity*  
Room 404AB  
(presented at 5:00 and repeated at 6:00)  
Who is managing our bills? How can we work together? Are we properly planning to save enough for retirement? Will we be able to outlive our money? Join us for an eventful, educational discussion in growing your financial future! Easy to understand advice from professional advisors. Learn about spending plans and how to work together as a couple. Learn some of the most effective ways to save for and enjoy retirement. Understand the best time to pay off your mortgage. Interactive question and answer sessions.

**Jonathan Swinton**  
*Stop the Stress! A Revolutionary Approach to Parenting*  
Room 316  
Is parenting stressing you out? Does parenting add friction in your couple relationship? Do you wish your kids would listen? Do you worry about losing your teen? Do your kids need you to make all their decisions? This workshop will help you and your spouse/partner learn a revolutionary approach to parenting that, when applied as a couple, can transform your kids by helping them learn to work with you to solve their problems, make decisions, and maintain a trusting relationship with you. It will also help you and your spouse/partner learn a unified way of parenting and communicating that will bring you closer in your relationship.

**Michael Olpin**  
*How to Enjoy Every Moment with Your Spouse:*  
Room 320  
*Gaining the Skill of Mindful Moment Savoring*  
In this workshop, participants will learn what it means to be genuinely mindful and why being mindful leads to inner peace and happiness, especially in relationships. Participants will also learn the four essential components of mindfulness and how to apply them in every moment.

**Jeff Tesch**  
*The Art of Parenting Grown Children* (7:00 only)  
Room 404AB  
Parenting adult children can be challenging! Come learn tips to work together as a team to parent adult and emerging adult children. We will discuss special challenges and best practices for parenting this age group.

**Ana Marques**  
*How I Can See My Marriage as a Gift* (7:00 only)  
Wildcat Theatre  
How can we see our marriage as a gift? We are made to believe that communication is key, but what does that mean? How can we create a sustainable and effective connection? From Gottman methods to Emotional Focused Couples Therapy, the studies are consistent with which tools enhance marriage satisfaction. In this workshop you will take home a list of these building blocks for long-term connections.
PRESENTER BIOGRAPHIES

Nate Barker, FIC, has worked for Modern Woodman of America for two years and is the current managing partner. He and his wife Josie have three children. Together they enjoy traveling and visiting new places as well as family and friends in other states. Nate loves being outdoors and is an avid mountain biker. He also enjoys hiking and being up in the mountains. Nate values hard work, and each year he grows a substantial garden that provides a variety of vegetables and fruits for his family. His passion is to provide for his family’s well-being and happiness, while striving to help those around him.

Jeremy Boyle, Ph.D., LMFT, is a couple relationship expert, a licensed marriage and family therapist and owner of Boyle Counseling & Consultation. He has worked with some of the most challenging couple issues. He has years of experience providing education/training to the community, to other professionals, and teaching for the Department of Family Studies and Human Services at Kansas State University. He is committed to saving relationships, not ending them. He believes that couples can have a satisfying intimate relationship, at all levels, and draw closer together with patience and hard work. Contact info- Ph: 801-657-5312 email: jeremy@boylecounseling.com  www.boylecounseling.com

Spencer Bradshaw, Ph.D., LMFT, recently joined the Marriage and Family Therapy Program at Utah State University as an Assistant Professor. He was previously the director of the Center for Addiction Recovery Research and has done extensive research on the neuropsychology of addiction and family recovery. He also is embarking in research regarding other chronic illness in relationships and families. He will be focusing on tips and strategies to maintain intimacy and strengthening relationships during crisis and challenges at this conference. He is a licensed marriage and family therapist and in his free time, he enjoys spending time with his wife, Marybeth, and their six children, listening to and playing music, nature, and athletics.

Randy S. Chatelain, Ph.D., LMFT, is a marriage and family therapist and has worked with thousands of individuals and couples over 30 years. Dr. Chatelain retired early from Weber State, as an associate professor of family relations. He taught courses on marriage, family process, and the family in stress. Dr. Chatelain also served as chair of the Utah Commission on Marriage, helping couples form and maintain a strong marriage. Personally, he has been happily married for over 40 years to his wife Pam and he enjoys his family of five adult married children and 17 incredible grandchildren. He is also an accomplished wildlife photographer.

Emil Harker, LMFT, has over 20 years of face-to-face direct therapy and coaching experience. His innovative and practical approach has helped thousands of couples create the marriages they’ve only dreamed of. For over 7 years he has been a regular on Channel 2, Fresh Living program, and a frequent expert guest on Channel 4 and Channel 5 as well as many radio stations and blogs. His book, “You Can Turn Conflict into Closeness,” has become a favorite go to for therapists across the country and even endorsed by Dr. John Gottman, the world’s leader in marriage research. Emil cuts through the fluffy stuff to the nitty gritty to create and keep the kind of marriage that you want to last forever.

Haeli Harris, LAMFT is a marriage and family therapist at South Point Counseling Services in South Jordan. She has studied human development and family studies for over 15 years. She has years of experience working with individuals, couples and families to navigate through difficult times in their lives. Haeli has extensive training working with at risk adolescents and their families. She currently has four teenage children which includes two step-children of seven years. While continuing to focus on adolescents and families, Haeli is beginning a new adventure bringing body movement and yoga into therapy treatment. She is a certified yoga instructor and working on her training in trauma sensitive yoga.

Hailey Holmgren is a Ph.D. candidate in family social science at the University of Minnesota. She received her B.S. and M.S. degrees from Brigham Young University in human development, and focuses her research on family technology use. She enjoys spending time with her husband, Johnny, and daughter, Jane.

Cynthia Honomichl, MFHD, has a passion for strengthening families. She obtained a master’s degree at Utah State in family and human development where she studied resiliency in an effort to strengthen families. In the past, she has been a career counselor and a small business owner. Cynthia found that as a financial services representative, she could strengthen families and individuals while building stability and strengthening marriages, so she made a career change. In her free time, she enjoys gardening, DIY projects and traveling with her husband and two teenage children.

Douglas Hunt, FIC, has worked for Modern Woodman for 10 years and is the current regional director of Northern Utah and Southeast Idaho. He earned a degree in education from Weber State University where he also ran cross country and met his wife of 25 years, Dianna (she paid out-of-state tuition which helped him to track her down!). Together they have four boys, one daughter and two grandchildren.
Ana Marques, MFT, MA, is a marriage and family therapist at Momentum Counseling. She is trained in the evidence-based therapeutic modalities of Internal Family Systems (IFS), Eye Movement and Desensitization and Reprocessing Therapy (EMDR), and Emotionally Focused Therapy (EFT). She actively helps individuals, couples and families to improve their relationships with themselves and with the people they love. She is a native Spanish speaker, and her multicultural background helps her communicate with people of diverse backgrounds. To support her continuing education, she enjoys following professionals like psychiatrist Bessel van der Kolk, Dr. Sue Johnson, Jon and Julie Gottman, and Dr. Brene Brown.

Michael Olpin, Ph.D., is a professor of health promotion at Weber State University and is the director of the WSU Stress Relief Center. He has taught at six institutions of higher education and has been teaching at Weber State for 18 years. Mike has presented many classes, seminars, and workshops on stress management and wellness at the national, regional, and community level. He has written several books on stress management, including a college-level textbook in use all over the country. Based on 30 years studying, teaching, and coaching, Mike’s professional website focuses specifically on stress management and wellness. Mike has been happily married for 31 years with four kids and two grandkids.

Jon Ostler, FIC, believes the only thing more important than chocolate, is retirement. He makes an effort to educate everyone he encounters. He loves helping others create and achieve their financial goals for financial freedom. Jon is in his 7th year with Modern Woodman of American and has been ranked as one of their top 2018 producers by achieving Presidents Cabinet. He has his FIC designation allowing him to work with fraternal programs and is a member of MDRT. He is proud to be a part of donating over $1,000,000 to communities in Utah for 2018.

Jonathan Swinton, Ph.D., LMFT, MedFT, is an experienced family relationship expert and engaging presenter. He is an Extension Assistant Professor with Utah State University, a licensed marriage and family therapist, and a certified medical family therapist. He has counseled thousands of couples and families and presented to groups across the country on keys to healthy relationships and parenting.

Jeff Tesch, LMFT, also known as The Parent Coach, currently practices at LDS Family Services and in private practice. Jeff is also an adjunct instructor at Weber State University in the child and family studies department. He and his wife of 27 years currently live in Eden and have adopted six kids and fostered 29.

Tristan & Blair Tolman have been happily married for nearly 30 years and have been writing and publishing dating-idea books for 25 of them. They love creative, fun dates and have personally tested out many of the ideas in their books. Blair has a bachelor’s degree from BYU, a master’s degree from Utah State University, and a Ph.D. from Cumberlands University. He is a full-time seminary and institute teacher. Tristan has a bachelor’s degree from BYU and works as a professional genealogist. They are parents of five children.

KEYNOTE PRESENTER: Doug Nielsen

Doug Nielsen has 26 years of experience helping thousands of couples and individuals “Create a Clear Vision” for their relationships and their lives. He is a sought-after therapist, certified speaking professional, bestselling author, and popular guest expert on both podcasts and television. Doug earned his master’s degree in behavioral science in 1993 from the UNLV. His speaking career launched in 2002 and he is now sought out by audiences across the country.

SAVE THE DATE!

Next year’s conference is tentatively set for February 19, 2021, at Weber State University.