

Interactive Seminars and Workshops

led by

Amy White, LPC and William White, Ph.D.

Three formats are available for each theme:

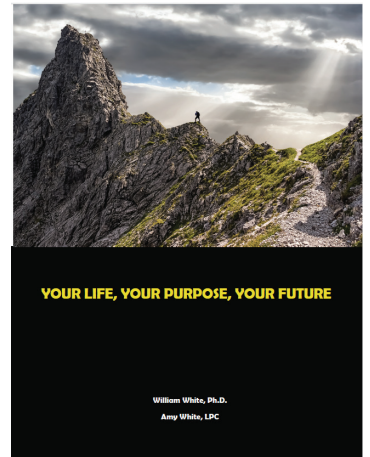
A one-hour session

A two-hour session with a break

A weekend session - Friday evening and Saturday morning

YOUR LIFE, YOUR PURPOSE, YOUR FUTURE For this workshop we draw from our book entitled, “Your Life, Your Purpose, Your Future,” The book is available free for download from the BOOKS section on the Ageless IDEAS landing page, at *agelessideas.com*, and for sale on Amazon. With advance notice, paperback copies directly from Ageless IDEAS are available at a significantly reduced cost.

Create a personal vision and action plan for life’s major areas—spiritual, relational, work/service, and physical/emotional health



HAVE YOU FIGURED OUT TO BEST APPLY YOUR TALENTS AND PASSIONS? God calls you in accord with your unique “personal profile.” Explore and create a plan to express the gifts, abilities, aptitudes, interests, and passions He has instilled in you. Discover how they can be best expressed in your work, service, and even your recreational pursuits.

Solidify your calling for this period of your life

APOLOGETICS “Always be prepared to make a defense to anyone who asks you for a reason for the hope that is in you, yet do with gentleness and respect.” Peter 3:15

Be prepared—Dr. R. C. Sproul: “We all are apologists—We are either good apologists or bad apologists.”



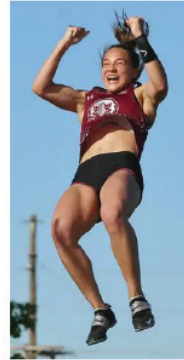
BODY/BRAIN HEALTH AND PERFORMANCE “I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.” Psalm 139:14

As the years go by, train your body to live well

WHY train your body and brain for health and performance?

You are “fearfully and wonderfully made.”

- It honors God by taking good care of His creation—you.
- It helps you improve body/brain ability and health, recapturing what you may have lost through less-than-ideal lifestyle habits.
- It enhances the expression of your passions, gifts, aptitudes, and abilities as you carry out your life calling and purpose.
- As you age, you may not have to give up the work, service, and activities you love and enjoy.



**Challenges?
Yes, but be
unstoppable**



**Be able to go
and do**



**Be a high
performer**

**Aspire and live to achieve
elite performance**

“There is no such thing as a typical older adult.”

*Dr. Waneen Spirduso, U. of Texas Professor
and nationally-recognized expert on aging*

HERO - Celebrate the Story God Is Writing About You As a child you might



have engaged in make-believe with you as a superman or superwoman—*“more powerful than a locomotive; faster than a speeding bullet; able to leap tall buildings in a single bound.”* One of the definitions of a hero is *“The main character in a story or narrative.”* As Dr. Francis Schaeffer wrote, *“With God, there are no*

little places and no little people.”

Have you discovered God’s plan for you as one of His heroes—in accord with His definition of hero?

