



# SEEN 24 Program

9am - **Session 1**  
*(Worship, Speaker: Allyson Beddoe)*

10:30am - **Morning Tea**

11am - **Session 2**  
*(Speaker: Kirsten Long)*

12pm - **Lunch**  
*(Lunch provided)*

1pm - **Workshops** (choose one)

*Workshop 1: "Fearfully and Wonderfully Made" - Knowing Who You are so you know what to do.*

*Workshop 2: "Battlefield of the Mind" - being proactive in protecting and purposing our thoughtlife*

*Workshop 3: "Running on Empty" - How we can refresh, refuel and re-energise in the Lord when we feel we are running on empty*

*Workshop 4: "Get Creative!" - A reflective painting with pallet knives*

2:30pm - **Afternoon Tea**

3pm - **Session 3**  
*(Q&A Panel, Worship, Prayer Ministry)*

4pm - **Conference Closes**

