

SEMINARS BY JUDITH COUCHMAN

Honest.
Spiritual.
Insightful.
Funny.
Artsy.
Practical.
Life-Changing.

That's how seminar participants describe Judith Couchman's seminars. Whether she talks about finding purpose, daily struggles, starting over, or early Christianity, she applies biblical principles to everyday life.

Yet Judith's presentations aren't all talk. She complements her presentations with audio, visual, and hands-on illustrations. Witness the beauty of soul-awakening art and music; interact with other participants; work out your own thoughts and plans; and spend time alone with God. Take notes, laugh, ponder, shed a tear, and leave with spiritual insights and practical ideas about living by faith in an unpredictable world.

Perfect for your church group or organization, Judith currently teaches the seminars described below.

DESIGNING A WOMAN'S LIFE



Do you know your purpose in life? Many women say no. But the answer can be a passionate yes! This life-changing seminar can help you and women in your group discover their unique niche in the world.

Based on her book, *Designing a Woman's Life*, Judith sensitively helps women explore their purpose in life; develop vision and goals; stay focused on their purpose; persevere through brokenness; and prepare for spiritual influence.

"I have a passion to help women become authentic and celebrate the unrepeatable individuals God created them to be," says Judith. With wisdom, humor, and compassion, Judith has communicated the principles of purpose to thousands of women. Don't miss bringing this dynamic speaker and seminar to your group. Become everything God meant you to be.

A one- or two-day seminar or retreat. For women only.

LIVING BY GRACE

You believe in grace, talk about grace, but do you live by grace? In this practical, thought-provoking seminar, Judith can guide you toward answering these questions for yourself and your relationships. She'll inspire you to live freely and confidently in God's "unmerited favor" and lavishly spread it around.

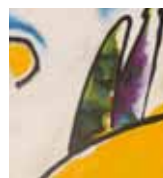
This seminar will help you accept God's divine grace;

offer forgiveness and grace to yourself; give radical grace to others; live by grace in families and churches; and spread grace in your community and the world.

Grace is Christ's foundational message. Grace is our fundamental desire and need. Grace forgives. Grace empowers. Grace transforms relationships. Schedule this seminar, and dare to live by grace.

A one-day seminar or retreat. For women only, or for men and women.

STARTING OVER



Have you lost a job? Ended a relationship? Moved to a new location? Returned to school? Struggled through a divorce? Wrestled with health issues?

Become an empty nester? Gotten married? Begun a family? Started a business? Retired?

Life's transitions ask you to start over, altering your direction and adjusting your outlook. Both the wanted and unwanted transitions of this unpredictable life require adjusting to change. In this practical and inspiring seminar, Judith will help you through the starting-over process. You'll consider the unexpected emotions of loss and change; personal values and connecting them to actions; dealing with doubts, wounds, roadblocks, and feeling stuck; persevering through a transition; creating a workable, inspiring starting-over plan; and daring to dream about your future.

Find hope, direction, and empathy in this seminar,

taught by a professional who says she's "made a career out of starting over." Soak in her wisdom, humor, and encouragement. Make starting over an adventure.

A one- or two-day seminar or retreat. For women only, or for men and women. Judith recommends that you offer scholarships to people who've lost their jobs.

THE COURAGE TO WRITE



Do you want to write and publish, but aren't sure how to start? This seminar will encourage you to begin writing and pursuing your creative ideas. As the author and compiler of over 40 books, Judith has guided many aspiring writers toward their publishing dreams.

In this creative seminar, she'll help you accomplish these get-started tasks: identifying your purpose as a writer; exploring your fears about writing and publishing; creating a realistic writing and publishing plan; understanding how the publishing process works; and more.

Learn from a seasoned author, asking your questions and receiving up-close guidance. Leave with a practical action plan. Become a published writer!

A two-day seminar or retreat, usually from Friday evening until Sunday noon. For women only, or for men and women.

THE HEART OF A PILGRIM

Many early, medieval, and Renaissance Christians literally plodded, one aching foot after another, to sacred places on earth. Pilgrims brought all their senses—seeing, touching, hearing, smelling, tasting—to these journeys, and expected spiritual and practical rewards in return. Visiting sacred locations bolstered their faith, touched their souls, and changed their lives.

In this informative and inspiring seminar, Judith

describes how ancient sacred travelers can invigorate your spiritual journey. With engaging stories and images, she applies pilgrimage principles to everyday life and offers hands-on experiences to bolster your faith journey.

You'll develop the heart of a pilgrim as you explore these ideas: understanding the biblical description of pilgrims; gathering life-changing insights from ancient pilgrims; cultivating the heart of a pilgrim on your spiritual journey; bringing your senses into the spiritual pilgrimage; and employing inner pilgrimage as a path to spiritual transformation.

Using ancient pilgrimage as a metaphor for the spiritual journey, this joyful presentation echoes the psalmist: "Blessed are those whose strength is in you, who have set their hearts on pilgrimage" (Ps. 84:5).

A one- or two-day seminar or retreat. For women only, or for men and women.

THE MYSTERY OF THE CROSS



This captivating seminar presents how early Christians honored the message and image of Christ's cross in their art, life, and worship. Telling poignant stories and illustrating them with absorbing images, Judith applies "the lessons of the cross" to us today.

Based on Judith's book, *The Mystery of the Cross*, you'll learn how Christ's ancient cross can guide and motivate your post-modern faith, decisions, and actions.

Enlightening and stirring, informative and life-related, this seminar will reach through the ages, connecting you with your earliest brothers and sisters in the Christian faith. Be fascinated. Be inspired. Be empowered by *The Mystery of the Cross*.

A one-day seminar or retreat. For women only, or for men and women. Can be offered any time during the year, but especially suited for the Lenten season.

ABOUT JUDITH COUCHMAN



Judith Couchman is an author, speaker, and art history instructor. She's published more than 40 books, workbooks, and compilations. Her books cover topics as diverse as discovering your purpose, shaping the soul, thriving in difficult times, body image, art history, church history, and flower gardening. Judith has spoken to professional and women's groups around the country and overseas. She presents seminars based on her books and speaks to a variety of groups. Whatever the topic, she leads readers to consider their own spiritual formation in everyday life.

Judith also teaches art history courses as a part-time lecturer for the University of Colorado at Colorado Springs. Judith holds a B.S. in education (English and journalism), an M.A. in journalism, and an M.A. in art history. She lives in Colorado.

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