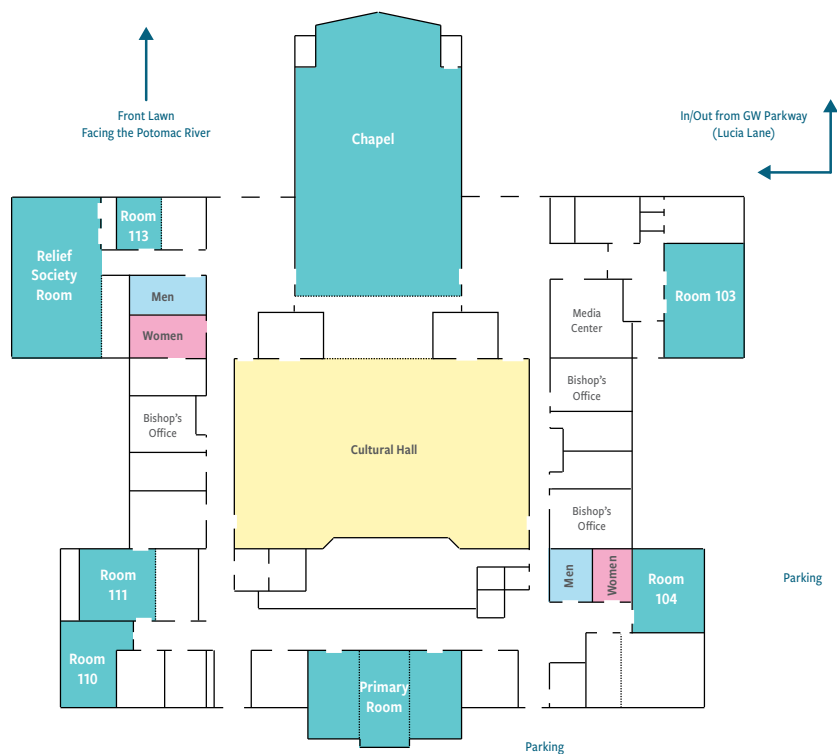


2019 DC MIDSINGLES CONFERENCE

Seek Ye First the Kingdom of God (3 Nephi 13:33)

WORKSHOP SCHEDULE

FIRST SESSION 10:00–10:45 AM	SECOND SESSION 11:00–11:45 AM	THIRD SESSION 12:00–12:45 AM
The Beginner's Guide to Investing ROOM 111	The Beginner's Guide to Investing ROOM 111	The Choice That Determines Your Destiny RELIEF SOCIETY ROOM
Mindfulness ROOM 103	The Choice That Determines Your Destiny RELIEF SOCIETY ROOM	Mindfulness ROOM 103
Getting to Yes: Negotiating from a Different Place ROOM 110	The Opposite of Loneliness ROOM 104	Getting to Yes: Negotiating from a Different Place ROOM 110
The Power of Personal Revelation CHAPEL	The Power of Personal Revelation CHAPEL	The Opposite of Loneliness ROOM 104
Singular Conversations: The Art of Loving and Being Loved PRIMARY ROOM	Mental and Physical Self Defense Techniques ROOM 113	Mental and Physical Self Defense Techniques ROOM 113
	Singular Conversations: The Art of Loving and Being Loved PRIMARY ROOM	



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WORKSHOP DESCRIPTIONS

The Beginner's Guide to Investing

STEPHEN ROSA

The "Beginner's Guide to Investing" course provides information intended to help individuals approach investment decision making with confidence. The course explains the importance of personal investing, introduces a step-by-step framework designed to help individuals build an investment portfolio, and addresses some of the most common questions and misconceptions about personal investing.

A Universe Within: The Choice That Determines Your Destiny

DR. ALFRED DODINI

The scriptures teach that there are 3 kinds of people in the world: sun, moon, and star people. When we make the choice of the kind of person we want to be, we are also deciding what kind of spouse, parent, and member of the community we will be in this life, and in the next. This presentation will explore how that decision is made and how it will shape our relationships in time, and in eternity.

Mindfulness

YEMI ARUNSI

This session will introduce you to the basics of mindfulness. Do you travel a lot? Have a busy schedule? Are you an athlete? Research has shown the growing benefits of adding mindfulness to your life. Mindfulness techniques are some of the best lifestyle tools we have to control stress, improve performance and sleep.

Getting to Yes: Negotiating from a Different Place

CAROLYN WHITE

Have you ever thought that getting what you need or want ought to be easier? Are you frustrated when you're in the typical hard-bargaining situation? (car purchase, uncomfortable situation with roommates, etc.) Come learn a little bit about your preferred style, the basics of interest-based negotiation, and have some fun in the process!

The Opposite of Loneliness

KYLE SAMPSON

In a recent survey, nearly half of the respondents said they sometimes or always feel alone, and more than 40% said that they sometimes or often feel that their relationships aren't meaningful. Is there a loneliness epidemic in the world? What is loneliness? Is it not socializing as much as one would like? Or does loneliness turn on the quality (versus the quantity) of one's relationships? Is there a loneliness epidemic in the Church of Jesus Christ of Latter-day Saints? Are Latter-day Saint singles particularly susceptible to loneliness? What spiritual weapons can be brought to the battle against loneliness? This workshop will explore these questions and many others impacting our too frequently fractured and too often alienated world.

The Power of Personal Revelation

ROBERT E. QUINN

The objective of this workshop is to learn about revelation by having revelation in real time. We will seek to turn our classroom into a holy temple, a school of prophets. We will seek to operate from divine enlightenment and teach each other by the power of God. We will consider the doctrines of revelation, search our memory banks for the past manifestations of perfection in Christ, and then teach each other from the integration of cherished conceptual principles and cherished experiential revelation. The aspiration is to have everyone leave knowing what God would have them do now. The prerequisite for participation is that you come willing to create a Zion experience by being submissive to Christ, vulnerable to the Spirit, and willing to share your soul with fellow participants.

Mental and Physical Self Defense Techniques

MARG GRIGG

Situational awareness and the ability to protect oneself using mental and physical techniques are an important life skill. Come learn how to be prepared for the unexpected in this hands-on workshop taught by law enforcement officers who see the importance of these techniques every day.

Singular Conversations: The Art of Loving and Being Loved

DR. AARON DODINI

Come explore how conversations can lead to greater intimacy and connection to ourselves and to others.