



## Speaking Topics for Your Live Event

The graphic has a gold background. On the left, the text 'Create a Live Event!' is written in white. In the center, there is a circular inset showing a woman with short, curly brown hair, wearing a blue and white striped shirt with colorful floral embroidery, smiling. To the left of the woman is a book cover for 'STRONGER Every Day' by Janell Rardon. The book cover features a gold watercolor splash at the top and the text '9 TOOLS FOR AN EMOTIONALLY HEALTHY YOU', 'STRONGER Every Day', and 'JANELL RARDON'. At the bottom of the graphic, there is a small logo with a heart and the text 'Janell janellrardon.com'. A small URL 'Meet&amp;GreetJanellBookSigning&amp;ATimeToAskQuestionsJanellBookSigning&amp;ACommunityMentalHealthEvent.com' is visible at the very bottom left.

Let's have some fun!  
Schedule a "not-your-ordinary-book-signing" and meet & greet today:  
[www.janellrardon.com](http://www.janellrardon.com)

Questions? Email Janell:  
[janell@janellrardon.com](mailto:janell@janellrardon.com)

### *An Evening with Author Janell Rardon*

#### *Real Women. Honest Conversations. Remarkable Results.*

Is there a topic near and dear to the heart of the women in your church? Janell thrives on creating a welcoming, warm atmosphere where women feel comfortable, safe and free to open their hearts and hold honest conversations about real issues. With this event, Janell works closely with women's leaders and ministry staff to craft and hone a message that will both engage and empower, and even, evangelize women in (and outside) of the church community. This live/online event is a lovely addition to a book signing/meet & greet.

### *It All Begins with Mom*

#### *A beautiful conversation about the sacred work of motherhood*

Someone once said, "A mother's heart is a child's first schoolroom." This very special event welcomes women into a safe, sacred space to take a much-needed deep breath and engage in a carefully-crafted conversation about how very important they are to those in their spheres of influence and care. Hailed by world leaders as "the toughest job on earth," mothering is definitely a calling. This short teaching delves into the hearts of three Biblical mothers: Mary, mother of Jesus, who submits to a surprising visitation of God; Sarah, mother of Isaac, who takes circumstances into her own hands; and Jochebed, mother of Moses, who exhibits supernatural courage in the face of cultural demands.

### *The Remarkable Experience ... Make Every Decade Dynamic*

An interactive, multi-generational event designed to inspire, empower, and unite women of all ages. One minute tears flow, the next laughter fills the room. As Janell introduces her "Nine Dots Principle," a unique journey begins:

- Women grasp their God-created identity, capacity, and potential (Genesis 2:7), and experience renewed vigor to affect their spheres of influence (Acts 9-16).
- Women embrace the beauty of healthy interpersonal relationships (Romans 12), letting go of unhealthy behaviors and grabbing hold of healthy behaviors (Hebrews 12:1-2) and begin experiencing the radiant glow of living in the fullness of Christ (Ephesians 3:19).
- Women gain understanding about the indomitable POW! —spirit of unity (Ephesians 4), and are part of the remarkable transformation that ignites authentic, loving, and inviting community.
- "I am Remarkable" Photo Booth: Janell provides an adorable chalkboard frame declaring, "I am Remarkable," for women to hold as their personal reminder of this transformational event. Simply adorable! If possible, provide a "photo booth" area with a photographer who can place pictures on a CD. Some willing

“tech-savvy,” remarkable volunteer can then make the photos available, via email or Facebook (be creative) to event attendees!

### *Me, Myself & I: Learning to Love Myself so I Can Love Others Well*

**\*Consider a “Spiritual Spa Day” theme.**

Experts all agree that stress and depression are on the rise for women. Now, add the after effects of a global pandemic. *Social isolation. Information overload. Social media madness.* Women are burning the candle at both ends—leaving them fractured, frazzled, and ultimately, falling apart. In this insightful, inspirational, and highly intentional teaching, Janell opens up [Mark 12:29-31](#), leading women on a Christ-centered journey towards taking care of the three most important people in their world: me, myself and I—not the selfish, narcissistic-kind-of-self-love, but the caring-for-our-emotional and spiritual health-love? Janell asks, “There is a tension here, isn’t there? Jesus definitely taught his disciples to die to self, lay down their lives, crucify their flesh, etc., but here he says to love yourself. How do we do this?”

### *Shine Like the Stars: Become a Radiant Presence in Every Sphere of Your Influence*

In a YouTube-reality-star-social-networked culture, where everyone can be a star, Janell opens an honest, empowering, culturally-relevant conversation about what it really means to “shine like the stars”—based on the powerful words of Daniel 12:3, “Men and women who have lived wisely and well will shine brilliantly, like the cloudless, star-strewn night skies. And those who put others on the right path to life will glow like stars forever.” God has given each and every one of his children “skies of influence” in which to shine. Learn from the shining stars of Biblical history—and from the shining stars of women worldwide—and leave ready to shine! Suggested sessions:

- Under the Eden Sky  
*Embrace your God-created value, worth and dignity (Genesis 2:7)*
- Under the Ephraim Sky  
*Keep going when the going gets tough.*
- Under the Thebez Sky  
*Face fear, even when shaking in your boots.*
- Under the Moab Sky  
*Trust God when the way seems unclear and uncertain.*
- Under the Nazareth Sky  
*Welcome the whys with acceptance and grace.*
- Under the Magdala Sky  
*Love yourself in order to love others deeply.*

- Under the Bethany Sky  
*Celebrate your strengths and accept your weaknesses.*
- Under the Capernaum Sky  
*Walk into the fullness of God's call—no matter the obstacle.*
- Under the Thyatira Sky  
*Remarkable women gather with other influencers.*
- Under the Kenyan Sky  
*Shine bright, even in the darkest places.*
- Under Your Sky\* Janell can specifically shape this for your church.

### *The Divine Invitation: RSVP to God's Remarkable Plan for Your Life*

This multi-generational event invites women of all ages to RSVP to God's remarkable plan for their lives. Perfect for a one-day special event or an entire weekend. Let your event shine and sparkle, be festive and fun, go west with boots and cowboy hats, or well...the sky is the limit! Sessions get everyone moving and mingling and making *dynamic* memories.

Suggested sessions:

- The Divine Story: *Unfolding God's Truth in Our Lives*
- The Divine Invitation: *Understanding our God-Created Identity & Capacity*
- The Divine Journey: *Make Every Decade Dynamic*
- The Divine Reflection: *A Tale of Two Mirrors*
- The Divine Love: *A Tale of Two Hearts*
- The Divine Leader: *Transforming Relationships, One Conversation at a Time*
- The Divine Banquet: *Inviting Others to RSVP*
- The Divine Glow: *Radiating the Light of God's Love*

### *Rock-Solid Families: Transform an Ordinary Home into a Fortress of Faith*

Since 1984, Janell has been raising her own family and working with countless families, championing the cause of family life in different capacities. Her timeless book and conference is for parents, young and old, trying desperately to raise godly children in a confused culture, where spirituality is dressed in gray. Twelve Foundation Stones for building a strong family are discussed:

- Vision: *The Fire of Focus*
- Flexibility: *Think Change!*
- Order: *Stop the Madness*

- Organization: *Take Baby Steps*
  - Marriage: *Today is Fresh, Tomorrow is Fresher!*
  - Devotion: *Thirty Minutes of Silence*
  - Prayer: *"He Simply Prayed"*
  - Spiritual Success: *Two Fathers, Two Daughters*
  - Obedience: *No Mumbling, No Grumbling*
  - Love: *Training the Tongue*
  - Grace: *There's a Message In Every Mess*
  - Creativity: *The Fun Factor*
- \*Leader's Guide provided*

Janell can easily craft an individual foundation stone into an entire stand-alone message. Choose specific stones and create an entire retreat around it. As always, Janell has creative exercises, short devotions, and He(Art) Journaling to enhance the experience.

Publisher's Note: *Rock-Solid Families* is currently being offered for \$3/copy. Limited number of books left.

### *Kiss the Clouds: Face Your Fears, Take the Leap and Live in Exhilarating Freedom*

*Kiss the Clouds* concerns the ultimate spiritual test: trusting in God. Janell shares her personal free fall from a moving airplane 15,000 ft. in the air, and how it changed her life. Jumping into the blue skies of the vast unknown is a perfect picture of the life of faith. As Janell shares her research, experience, and wild-and-crazy side, she hopes everyone will be inspired to trust in God more completely.

Suggested sessions:

- The Believer's Pledge: I Will Be Sure Always!
- The Daring Leap of Faith
- Deploying the Parachute of Prayer
- Wrinkles in the Fabric of Our Faith
- The Danger Zone of Doubt
- Tandem Trust, Is God Trustworthy?
- Unclenching the Tight Fist of Control
- Safe Landings

### *Let There Be Light: Live a Wide-Awake, Faith-Filled, Light-Loving Life*

We all walk through dark places in life. Tough, overwhelming, disappointing, grief-stricken, sad, and even hopeless times. Things look, sound, and feel different during a long trek through the valley. Trees look like monsters. The wind sounds like a whistling intruder. A brief walk feels like a marathon. If we walk through the dark in the dark, we will stumble and fall. If we walk through the dark *with the Light*, we will always have some degree of Light, be it a matchstick, a flashlight, a candle, a spotlight, a lantern, etc....that will guide us. At any given moment, God can and will say, "Let there be light." Janell's messages are overflowing with creative exercises, life mapping, and great discussion questions. Put on your sunglasses, these messages shine bright. On this journey, suggested sessions include:

- Have Eyes to See
- Squinting in a Fog, Peering Through a Mist
- Living a Wide-Awake Life
- Let There Be Light

### *Better Together: Breaking Barriers, Building Unity, and Bringing Joy to Others*

Nature offers an exemplary model of unity—the beehive. As Janell examines the anatomy of a beehive, replicates the astounding waggle dance of the worker bee, and heralds the indomitable power of unity that enables thousands upon thousands of bees to produce honey, she finds a rich source of truth that can be applied to developing a strong community—where women lay aside their differences, their egos, and their personal ambitions and agendas in order to create an authentic community of care in which a true spirit of unity exists.

Suggested Sessions:

- Buzzing in, Buzzing out
- The Heart of the Hive
- The Sting of Disunity
- Overcoming Barriers: The Queen Bee Barrier, The Drone Bee Barrier, The Busy Bee Barrier
- Guarding the Hive
- The Sweet Taste of Honey
- Optional Friday afternoon/evening session with Leadership Team, "Ready to Waggle? The Indomitable Spirit of Unity"
- 30-minute "He(Art) Journaling Workshop" for conferees (supply list provided)

### *The Hand that Gives a Rose: Seven Secrets for Women in Leadership*

An old Chinese proverb says, "A bit of fragrance always clings to the hand that gives a rose." In our high-powered, ambition-driven culture, where climbing the ladder often means stepping on others to reach the top, Janell offers a fresh, biblical perspective on authentic, spiritual leadership, using "The 7 C's of Leadership" for becoming a strong spiritual leader:

- Connection to God
- Competency
- Casting of Vision
- Caring Deeply
- Communicating Effectively
- Capacity for Personal Growth
- Complete Confidence in God's Power

Janell's desire to equip women to be effective leaders in their sphere of influence—no matter how big or small. She writes, "As women defeat their fears, shake off inhibition and follow in the footsteps of exemplary women leaders, they too, can soar to unimaginable heights—profoundly impacting the world."

### *Born to Bloom: Simple Truths on the Power of Potential*

Much like a seed thrust deep under the surface of a well-prepared flowerbed, potential is often hidden far inside the heart of man. You can't put your hands on it. One has to look deeper and be keenly aware to see it. And very often, it takes time, encouragement, and a safe, loving community to cultivate its ability to bloom. In *Born to Bloom*, Janell invites readers to set time aside for intentional heart work, where they can answer "the call to B.L.O.O.M."

#### **Session suggestions:**

- The Power of One Unassuming Little Seed
- The Invisible Realm of Possibilities
- Waiting for a Breakthrough
- Enjoying a Refreshing Spring Rain
- When the Sun Shines
- Accepting the "Call to B.L.O.O.M."
- Attaching to a Support System
- Managing Unwelcome Weeds
- Releasing the Fragrance of Your Potential

### *When the Birds Fly: Thoughts on mothering, midlife, and the magic of everyday moments*

In recent years, a quiet revolution has unfolded. Instead of empty nesting, families are faced with reneating, as a greater percentage of young adults move back home after college. This drastically changes parenting, family dynamics and relationships. As a veteran mother of three twenty-somethings and a board certified life coach, I listen to the cries of women facing this puzzling transition; helping them navigate the tension between living with their grown children and yet releasing control all at the same time. Filled with humor, honesty and heart, *When the Birds Fly* offers women guidance and space to make this ever-changing nest work their best work.

#### **Session suggestions:**

- Facing the Empty Nest
- A Series of Hello's and Goodbye's
- A Tale of Four Cities
- Struggle is a Holy Word
- New Feathers for the Nest
- Whispers of Love from Afar
- The Sandwich I Didn't Order
- Nest Work is My Best Work

### *One Handful of Tranquility: Simple Truths for Finding Contentment in a Maxed-out World*

One in ten Americans currently takes an antidepressant—but for women in their 40s and 50s, this figure jumps to one in four. Every day, I sit across from such women, sensing a deep discontent lurking beneath the exterior of their lives. Not always visible from the surface, it comes bubbling up when time, space, and a little quiet allows, often with tears and pain. Exhausted by life in the fast lane, they are desperate to catch their breath and reclaim true joy in life. In *One Handful of Tranquility*, I share how a single snail, nestled in the tall grasses of the GemmiPass in Switzerland, taught me to exchange my maxed-out life for one filled with meaning and contentment.

#### **Session Suggestions:**

- Overwhelmed by It All
- A Change of Pace
- An Unexpected Revelation
- Seeing with New Eyes
- Suspended in Mid-Air
- Things Fall Apart

### *The Waiting Room: Making Peace with Life's Pauses*

Since the beginning of time God has placed His people in waiting rooms. Times of enforced rest or divine delays in order to further prepare them for the work to come. As hard as waiting is, it is a very necessary part of our spiritual formation. Something magical happens in that sacred space. *We grow stronger.* Wait, quavh in Hebrew, literally translates, "to twist or bind like a rope, creating something stronger and more robust." At the time, this twisting and binding hurts so much we feel we can't take it anymore. In this six-week Bible study, *The Waiting Room*, Janell invites women to make peace with life's pauses. God, in his infinite wisdom, knows it results in an empowering that actually helps us "soar on wings of eagles, run and not grow weary, and walk and not be faint" (Isaiah 40:31).

Suggested sessions:

- The Sacred Space
- In the Empty Place (Hannah)
- In the Arid Desert (Moses)
- In Pits and Prisons (Joseph)
- In the Lonely Pasture (David)
- In the Wilderness (John the Baptist)
- In the Dark Places (Paul)

## Bio

**Professional Bio:** A trauma-informed therapist, life coach, & faith + mental health educator, Janell has a masters degree in Human Services Counseling, specializing in marriage and family systems. She continued her professional development and received board-certification as an Advanced Christian Life Coach (AACC) and Certified Aroma Freedom Therapy Practitioner. In her private practice, *The Heartlift Practice*, in her newest book, *Stronger Every Day: 9 Tools for an Emotionally Healthy You*, and on her podcast, *Today's Heartlift with Janell*, she offers life-giving messages that embolden everyone in her sphere of influence to become stronger every day. Learn more about Janell: [www.janellrardon.com](http://www.janellrardon.com)

