

# Athena Dean Holtz

## Sample Speaking Topics

### Contact Athena

#### **Where's the Easy Button? Finding Joy Amid Trials**

Have you ever wondered why life must be so hard, why becoming a believer did not make everything perfect, or why the struggles of life cause you to question God's goodness? Join blogger, radio show host and spiritual abuse survivor Athena Dean Holtz as she helps you unpack the faithfulness of God amid suffering and offers seven strategies to help you experience joy even when things don't turn out the way you think they should.

#### **Be Still and Know Your God is Faithful**

This world we live in demands that we be "on" all the time. In person, on Facebook, at work, with the family, at church. Sometimes the whirlwind leaves us feeling empty, alone and disconnected. That is when it's time to learn to be still. To be refreshed. To remember the faithfulness of God. Discover the truth of His faithfulness and walk away with helpful tools to abide in Him.

#### **Responding Well to the Speed Bumps of Life**

Speed bumps may come in the shape of a layoff, the end of a relationship, the death of a loved one, struggles with adult children and their poor decisions. Or it may be loneliness, despair, or disappointments with how life had turned out. How can we respond well to these challenges and grow better instead of bitter? We will learn how together.

#### **Trusting God When Life Hurts**

How can we say God is good when He allows so much pain to enter our lives? Can we trust Him when we have been abused, sinned against, or challenged with difficulties as a result of some else's bad choices? What should our perspective be? We will look at biblical and current day examples of how Jesus walks with us through our suffering and discover practical ways to navigate the pain and disappointment we experience and grow in faith as a result.

#### **Overcoming Church Hurt**

Have you ever felt like the church hurt of the past will not stop haunting you, but you do not know what to do about it? The emotional fallout from unresolved wounding is a reality, but there is also a spiritual dynamic to it that must be addressed. Learn the WHY'S and HOW'S of the natural responses to painful events of our past and learn to grow in healing, grace, compassion and faith as a result.

#### **Leaders Need Healing Too**

Have you spent years in leadership helping women heal, yet leaving your own past wounds unattended to? It is always easier to address someone else's pain than to embrace our own and allow Jesus to walk us through the healing we desperately need. If we truly want to be able to comfort others with the comfort He Himself has given us, we need to recognize our own areas of long forgotten or ignored pain and allow Him to bring us through the steps we need to take in order to heal.

#### **Overcoming Spiritual Abuse and Toxic Leadership**

Learn to spot the characteristics of toxic leadership as well as the subtlest forms of spiritual abuse and manipulation. Discover the 5 steps to freedom from the devastating fallout of spiritual abuse. Whether you are a survivor or someone who ministers to those who have been take advantage of, the 5 steps are vital to your ability to grow in Christ or help someone else do the same.

#### **Biblical Warfare for Women**

Warfare does not seem to be a feminine topic, but if we don't understand our responsibility to fight for the things we love, the enemy can gain the upper hand. Without us even realizing there is something we can do about it, he influences us by robbing our joy and our power. Gain understanding on the strategies of the evil one and the learn biblical insights to fight against the unholy influences in the lives of our loved ones.