

Workshop Options

(selection can be made on registration form)

- **Main Character Energy: Navigating Emotions & Setting Healthy Boundaries**
Anna Hartinger, M.Sc. Psychology, B.Sc. Sports Science
- **Anchored in the Storm: Faith-Based Tools for Mental Health**
Rev. Stephan Kappler, PsyD
- **Bible Art-Journaling: Exploring Vocation Stories in the Bible**
Sr. Josefa Maria Grieshaber & Annika Woitich
- **The Power of Forgiveness: Freedom and Grace in Reconciliation**
Rev. Emmanuel Opara, SHL
- **Vocational Coaching: Discover your inner treasures and put them to good use for the world**
Rev. Klaus Hofstetter & Sr. Maria Wolfsberger, MC
- **The Loneliness Epidemic: Forging Meaningful Relationships and a Faith-Filled Community as the Anti-dote**
Rev. Jonas Piodo, SVD & J.R. Notarte
- **Finding Your One True Love**
Nestle Jeturian
- **You(th) can compose: An interactive music composition workshop**
Herbert Ntambi