

PERSEVERE

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BRAVE *together*

VIRTUAL RETREAT

9/29/18 10am-2pm EDT

WELCOME!

I'm so glad it's finally retreat day. It's such an honor to get to spend part of my day with you and I hope that it is a helpful, encouraging, and restful day.

Here's the thing about this retreat: there are no expectations for you. Dress in whatever you're comfortable in. Participate as much as you want. Stay the whole time or watch the recording later. Please use this participant guide however is most helpful to you. Take notes (or don't). Use it afterwards to reflect (or not).

This day is for you. I hope you can rest and relax and be encouraged and feel loved. If you're feeling weary and worn down, may this day be exactly what your heart needs to keep going.

Hugs & donuts,

Becky L McCoy

YOUR RETREAT GUIDE

10:00am INTRO	Becky L McCoy	
10:10am PERSEVERANCE	Talitha Piper	page 2
10:40am STORY	Niki Hardy	page 8
10:45am COMMUNITY	Jenny Godwin	page 3
11:15am STORY	Tasha Gentile	page 8
11:20am DISAPPOINTMENT	Becky L McCoy	page 4
<i>30 minute break</i>		
12:30pm INFO	Becky L McCoy	
12:40pm REST	Stephanie McMunigal	page 5
1:10pm STORY	Laurel Speer	page 8
1:15pm ENDURANCE	Grace P Cho	page 6
1:45pm STORY	Chantel Runnels	page 8
1:50pm NEXT STEPS	Becky L McCoy	

PERSEVERANCE | *Talitha Piper*

WEBSITE: TalithaRuth.wordpress.com

SOCIAL MEDIA: @TalithaPiper

NOTES:

THINGS TO THINK ABOUT:

One thing I don't want to forget:

Something to work on this week:

Questions I still have:

COMMUNITY | *Jenny Godwin*

WEBSITE: JennyGodwin.com

SOCIAL MEDIA: @JennyMGodwin

NOTES:

THINGS TO THINK ABOUT:

One thing I don't want to forget:

Something to work on this week:

Questions I still have:

DISAPPOINTMENT | *Becky L McCoy*

WEBSITE: BeckyLMcCoy.com

SOCIAL MEDIA: @BeckyLMcCoy

NOTES:

WHAT DOES PERSEVERANCE DURING DISAPPOINTMENT LOOK LIKE FOR YOU?

1. What are you struggling with? What are you disappointed with?
2. How do you wish things were different?
3. What do you wish would happen? What's your end goal?
4. Do you need to keep going or to pivot?
5. What's the first thing you'll do?

THINGS TO THINK ABOUT:

One thing I don't want to forget:

Something to work on this week:

Questions I still have:

REST | *Stephanie McMunigal*

WEBSITE: RunWithPerseveranceMinistries.wordpress.com FACEBOOK: @RunWithPerseveranceMinistries

NOTES:

THINGS TO THINK ABOUT:

One thing I don't want to forget:

Something to work on this week:

Questions I still have:

ENDURANCE | *Grace P Cho*

WEBSITE: GracePCho.com

SOCIAL MEDIA: @GracePCho

NOTES:

THINGS TO THINK ABOUT:

One thing I don't want to forget:

Something to work on this week:

Questions I still have:

NEXT STEPS

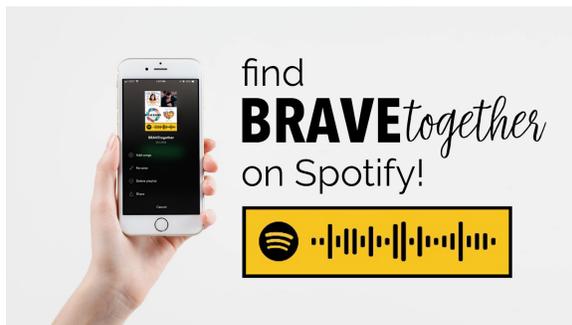
BEGIN TO REFLECT:

Major take away:

First action step:

Three questions I still have:

HAVE YOU JOINED THE BRAVE*together* FACEBOOK GROUP?



STORIES



Tasha Gentile is a Christian wife, mother of 3 and midwife. Tasha and her husband started their careers in the Coast Guard and now, as a family, follow his jobs around the country. They currently live on a small sheep farm in Connecticut.

WEBSITE: TashaGentile.com



Niki Hardy is a Brit in the USA, a rectal cancer survivor, pastor's wife, tea drinker and teller of bad jokes. She's all about meeting you when life's not fair so you thrive, not just survive. Offering encouragement, practical resources and a large dollop of reality, she'd love to connect with you there if she can't hug you in person. Niki's work has appeared in Christianity Today, Woman to Woman (Premier Radio), ForEveryMom, and Living By Design Ministries. When she's not speaking, writing, or running trails with her Doodles, you can find her with a nice cup of tea trying to figure out which remote control actually turns the TV on.

WEBSITE: NikiHardy.com FACEBOOK: facebook.com/NikiHardyAuthor INSTAGRAM: [@Niki.Hardy](https://instagram.com/Niki.Hardy)
TWITTER: [@NikiBHardy](https://twitter.com/NikiBHardy)



Chantel Runnels If she loves it, you'll hear about it! Chantel is on mission with her husband C. Bates and their three littles. They live an integrated life in Southern California where her path runs from the halls of hospitals, through the arenas of television networks & studios, to the local ballet studio & hockey rink. Current roles include: Home Educator, Urban Emissary and Coffee Connoisseur.

SOCIAL: [@ChaunRose](https://twitter.com/ChaunRose)



Laurel Speer is a stay-at-home-mom who is rarely actually home. Rather she can be found taxiing around the San Diego area where she lives with her husband and three kids. She loves to drink coffee, explore, read and wax philosophical with her ride-or-die best friends, preferably all in the same day.

TWITTER: [@ElleToTheOh](https://twitter.com/ElleToTheOh)

SPEAKERS



Becky L McCoy lives on the Connecticut coast with her two precocious and hilarious children. Having struggled with depression and anxiety and experienced several seasons of grief and struggle, Becky is passionate about creating an online community where people share their stories and encourage one another to choose to live bravely and confidently when life is hard. Becky is the founder of **BRAVE***together* and hosts the podcast Sucker Punched.



Grace P Cho is a writer with a pastor's heart. She is the editorial manager at (in)courage and has written for various places online, including The Mudroom, GraceTable, Inheritance Magazine, and iBelieve.com. She believes in the beauty and power of the spoken and written word, and she loves leading others through mentorship and discipleship. Her favorites include coffee of any kind, the vastness of an open field, and caring for others with good food.



Jenny Godwin is mostly known for: making people laugh as well as having sequins and gum in her purse at all times. She's like a modern day Mary Poppins...but with wine. While she's in HR for a living, she longs to encourage others to keep moving forward no matter what life throws.



Stephanie McMunigal of Run With Perseverance Ministries is a wife and mother of three young children with a passion for encouraging women to grow, pursue God's plan for their life, and walk out their faith daily. Her current ministry focus is on writing, teaching bible studies, as well as organizing women's events and retreats. In her spare time you can find her playing with her children down a little dirt road where lake life and hobby chicken farm meet!



Talitha Piper Talitha lives in Minneapolis for now, always drinking coffee and planning her next trip whether by plane or car. She graduated from Boyce College in 2017 and has explored continuing education in the field of a master's in counseling. You can find more of her writing, funny and serious, at talitharuth.wordpress.com or follow her on twitter/instagram at: [talithapiper](https://twitter.com/talithapiper).

WHAT DOES IT MEAN TO BE BRAVE TOGETHER?



DOWNLOAD THE
BRAVE*together*
MANIFESTO

BeckyLMcCoy.com/manifesto



RESILIENCY COACHING

learn to handle hard things with courage and confidence

FOR MORE INFORMATION:
BeckyLMcCoy.com/coaching



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