

To the Full Video Stories – Vimeo Links

LEADERSHIP SEGMENTS

Leading To The Full – Mandy Arioto (14:41) <https://vimeo.com/312203635/ca7f31caa9>

MOPS Evangelism Perspective – Sherri Crandall (8:00) <https://vimeo.com/312771714/50de778b85>

The Presence of Difference – Emma Turnbull (8:57) <https://vimeo.com/312784746/97e9ddb201>

How to Be a More Confident Leader – Amanda Inshcaustegui (12:42)
<https://vimeo.com/312387334/ac3385878c>

Spiritual Leadership – Danielle Strickland (19:51) <https://vimeo.com/312205164/ec139bb3bc>

Conflict, Relationships and Burnout – Donna Patton (9:34) <https://vimeo.com/312769298/oaf11c5aa2>

Colour Blind – Sarah Shin (12:58) <https://vimeo.com/312386041/c89ff6d188>

The Global Sisterhood – Sherri Crandall (5:07) <https://vimeo.com/312970643/859083a700>

VIDEO STORIES

‘To The Full’ || Mandy Arioto | mandyarioto.com (14:02)

<https://vimeo.com/312116020/82f90753cd>

Mandy Arioto, president and CEO of MOPS International, is an unstoppable force of hope, a teller of unbelievably true stories, an audacious risk taker and a trusted confidante. We are a generation of women who have so many messages trying to tell us who we should be and what we should be doing, that we have forgotten what it feels like to simply enjoy our lives and feel like we are enough. But this year we are going to change the messages we are hearing. This year at MOPS, we are going to focus on living life ‘To The Full’.

Comment from Jodi: Great overview of the theme. Takes an interesting look at how mothering has changed over time. Note: Also talks about MOMcon and resources they get from membership, which is not applicable to MOPS Australia.

Balancing Work and Motherhood || Alexandra Kuykendall alexandrakuykendall.com (15:10)

<https://vimeo.com/312282698/3442f42902>

Alexandra Kuykendall speaks on issues of how faith impacts everyday life. She is the co-founder of The Open Door Sisterhood, a community of women working to be world changers for good right where they are. She has authored four books, her most recent being *Loving My Actual Neighbour*. She understands how one small change in the plan can cause our perfectly crafted schedules to tumble down, and she gives us four tips to help us do our creative best with the life we’ve been given.

Comment from Jodi: Relatable for mothers working for income or those considering it in future. Practical and encourages mums to focus on priorities, perspective, getting help and self-care. Very encouraging.

Changing the Rules || Erin Loechner | designformankind.com (6:21)

<https://vimeo.com/311336475/859ff2f4e4>

Author of *Chasing Slow* and founder of Design for Mankind, Erin Loechner has been blogging and speaking for more than a decade. Nestled in a Midwestern town, Erin and her family strive for less in most areas except three: joy, grace and goat cheese. She encourages us to consider the difference between parenting out of guilt or out of conviction. The rules we follow for mothering should be based on our family’s unique needs and our own limitations, rooted in how God has equipped you.

Comment from Jodi: Brilliant reminder not to compare and to release guilt but has a strong Christian focus. Assess if this is suitable for your group. An alternative would be having a speaker/mentor/team member speak on the same topic.

Find Your People: The Importance of Female Friendships || Emma Turnbull | members.mops.org (8:26)

<https://vimeo.com/311719261/a7d3fe416a>

Emma Turnbull is the director of innovation at MOPS and believes in the redemptive power of words, design and story. She is fuelled by the belief that radical transformation starts with radical invitation. Emma is far too competitive in any sport and frequently tests her caffeine limits at local coffee shops. She tells us that while friendship isn't something to conquer, it does gently ask for our heart and time. Emma's stories may cause us to tilt the way we think about friendship.

Comment from Jodi: A beautiful rethinking of friendship and how we pursue them. Relatable and thought-provoking. God is mentioned briefly but it is still suitable for our community mums.

Google Autocomplete: Motherhood Edition || Michelle Gatson & Mandy McBroom - Improvidence (7:41)

<https://vimeo.com/311327586/f530889503>

You can learn a lot about a person from their Google search history! Join Michelle Gatson and Mandy McBroom who are mums, friends and members of the Colorado-based improv troupe, Improvidence, for a little Google therapy. Bring some laughter and light into your world and remember, you are crushing this mum thing! (This video is perfect to show during a meeting. There is not a separate meeting plan for this video.)

Comment from Jodi: Funny video that could be a good filler/icebreaker video with an encouragement at the end.

Have More Fun || Mandy Arioto | mandyarioto.com (13:12)

<https://vimeo.com/311997204/916db392c7>

Mandy Arioto, president and CEO of MOPS International. , is an unstoppable force of hope, a teller of unbelievably true stories, an audacious risk taker and a trusted confidante. Mandy doesn't want to be known as someone who is really good at responding to emails, checking things off the to-do list and just getting stuff done. So let's stop taking ourselves too seriously. Let's live with passion, do crazy things to show people we love them, experience what it's like to be loved by a good God, and lean in hard to moments of joy and fun.

Comment from Jodi: Practical, encouraging, inspiring and relatable. A few mentions of faith and God but not a heavy focus. Some repetition from her 'To The Full' video so I would suggest using one or the other.

Helping Struggling Kids: Personality or Body Chemistry || Pamela Gates | connectededucationco.com (10:22)

<https://vimeo.com/311789723/a3fe27754e>

Pamela Gates is co-owner of CONNECT Education in Denver, Colorado, along with her daughter, Breanna Stewart. They work with many bright but struggling children who are working harder than they should have to in order to learn. She is a Certified Learning Specialist in the Dianne Craft Learning System and has 17 years of experience as an educational consultant. She is a CNHP (Certified Natural Health Professional) and shares what she believes about how a child's biochemistry is intricately linked to what is going on in their learning and behaviour.

Comment from Jodi: An introduction to a series available on the MOPS International members' website which are not accessible to Australian mums. Interesting points brought up about gut health and relationship to behaviour, focus and emotion. Practical suggestions.

IJM: Advocacy and Changing Your World || Jocelyn White | ijm.org (14:33)

<https://vimeo.com/311769417/b6cfd23910>

Jocelyn White serves as a Director of Church Mobilization for International Justice Mission (IJM). She lives in Los Angeles with her husband, Peter, and her son, Simeon. Jocelyn introduces us to IJM's work while sharing the biblical call to seek justice. She uses her own story to mobilise us to engage in both local and global ministry.

Comment from Jodi: For our Christian mums. Insightful look at the work of IJM, doing ministry as a mother and practical ideas for getting involved in supporting IJM in this season of life.

Is My Child on Track? || Sissy Goff & David Thomas | raisingboysandgirls.com (7:29)

<https://vimeo.com/312236090/02d2278da1>

Sissy Goff, M.Ed., LPC-MHSP is the Director of Child and Adolescent Counseling at Daystar Counseling Ministries in Nashville, Tennessee. David Thomas, LMSW is the Director of Family Counseling at Daystar Counseling Ministries. They are the authors of many books, including their newest, *Is My Child on Track?*, in which they discuss the emotional, social and spiritual milestones we want to see the kids we love moving toward. All of the milestones boil down to figuring out what we feel and what to do with it. This video covers the first two emotional milestones: vocabulary and perspective.

Comment from Jodi: Great and practical look at helping our children learn to express and work through emotions in healthy ways. Some academic language that some of our mothers may struggle with. Unfortunately, this is only the first part of a seven-part series on the MOPS International membership website that we do not have access to in Australia. Consider getting a speaker on the same topic.

Marriage: Working on Your Togetherness Rather Than on Your Problems || Mike Foster | mikefoster.tv and fivedates.co (10:10)

<https://vimeo.com/311406951/ofb9318949>

Mike Foster is a best-selling author and speaker as well as counsellor who helps people build strong lives and relationships. Mike hosts an award-winning podcast, 'Fun Therapy' and his most recent book, *Five Dates*, helps couples create strength and connection. He encourages us to focus on relational 'nowness' – being in the moment while honouring each other's feelings and opinions.

Comment from Jodi: Excellent practical advice and encouragement. Terminology (eg 'partner') makes it inclusive of the range of relationship statuses that may be in the room.

Postpartum Sexual Health || Hillary McBride | hillarymcbride.com (9:38)

<https://vimeo.com/311701621/f1410930c6>

Hillary McBride is a PhD candidate at UBC and a Registered Clinical Counsellor in private practice in Vancouver. In 2017, she was awarded the international Young Investigators Award for her work about sex and sexuality in mothers. She authored *Mothers, Daughters, and Body Image: Learning to Love Ourselves as We Are* and hosts her podcast, 'Other People's Problems'. Her honest conversation about the challenges of sex, intimacy and closeness after having a baby helps us reduce shame and promotes healing and wholeness in our relationships.

Comment from Jodi: Practical and respectful, with acknowledgement of the range of issues women face with intimacy after having children.

Smartphones and Your Child || David Eaton | axis.org (9:27)

<https://vimeo.com/311781350/7e6f62a622>

David Eaton is the co-founder of Axis. Every week Axis digital products equip more than 50,000 pastors, parents, grand- parents and teachers. Navigating the use of a smartphone can be hard and there are hundreds of conversations to have about these incredible rectangles. Talking to your child about technology, and smartphones in particular, isn't a one-time chat; it is a conversation that lasts a lifetime. But let's start talking now.

Comment from Jodi: An introduction to a full series on the MOPS International membership site. The points he does share are good but very heavily Christian and unlikely to be suitable for our community mums. Important topic to think on.

The Life-Changing Power of Table Setting || Cari Jenkins | urbanskye.org (7:45)

<https://vimeo.com/313016977/d6c3cc8a7d>

Cari Jenkins is the Executive Director of Urban Skye, author of *Listen & Live*, speaker, and a pastor to those who do not have one. Cari uses her gifts and experience to make the kingdom of God tangible through relationship as a gatherer, teacher, encourager, pastor, mentor and friend. Cari aims annually to host over 500 people for meals in various forms and to encourage true hospitality in others. She shares tips for inviting others around our table but emphasises that hospitality is not just about a place; it is about a person. YOU are the place of hospitality, welcoming others as they are and giving yourself just as you are.

Comment from Jodi: Some practical tips and encouragement on being intentional with hospitality and creating welcoming spaces for people. Definite Christian focus and may not be relatable to all mums in your group.

This Christmas: A Mum's Legacy of Prayer || Jared Mackey | jaredmackey.com (10:31)

<https://vimeo.com/312383932/9929cd378b>

Jared Mackey is a kingdom concierge. His deep joy is making introductions to connect individuals, organisations, interests and ideas. He is the Executive Director and Lead Pastor of The Sacred Grace, a family of parish churches in Denver where he lives with his daughter, Kenna. In the book of Luke, there are 5 prayers that surround the birth of Jesus. Return to and learn the prayers of a young mother many Christmases ago.

Comment from Jodi: Not sure that the focus on prayer as a Christmas topic would connect with our community mums. Interesting look at the Jewish culture that formed Mary's prayer responses in Luke.

We're all Creatives || Arielle Estoria | arielleestoria.com (13:32)

<https://vimeo.com/312385063/41c14d8622>

Arielle Estoria is a writer, speaker and social media storyteller. She believes words are meant to be felt and not just heard and demonstrates this motto in her collection of music and poetry called, "Symphony of a Lioness" and her newest printed collection of poetry: "Write Bloody Spill Pretty". She has a deep love for car karaoke, brunch and flowers. She knows we all have the potential to create beautiful things and place them in this world and urges us to find our own creative route.

Comment from Jodi: A beautiful reminder for our mums to tap into the creative side of themselves and be fully who they are. Suitable for our Australian and community mum contexts.

MOMcon: You're Invited to the Party || Janella Thaxton | mops.org/momcon (1:33)

<https://vimeo.com/312564060>

Comment from Jodi: Promo for MOMcon which will be over by the time this theme launches in Australia. Consider promoting our Australasian Conference instead.