

## DID YOU KNOW?

- \* Only 4% of women describe themselves as beautiful
- \* 90% of women want to change at least one aspect of their physical appearance
- \* About 1 in every 8 women can expect to develop clinical depression during their lifetime
- \* Women are the fastest-growing segment of substance abusers in the United States
- \* Women report attempting suicide approximately twice as often as men

Dove Campaign for Real Beauty  
Center for Substance Abuse Prevention

## IDENTITY & PURPOSE

These two words are the theme or topic of countless books, articles, blogs and even ministry movements. Because of their struggle with identity and purpose, it is seeming so easy for women in particular to get overwhelmed in life and end up crushed under the weight of self-doubt and low self-images.

**Total Woman U** is devoted to exploring the challenges women face regarding their identity and purpose. Our message of encouragement and hope will challenge women to become all God created them to be.

## HOW DO WE DO THAT?

she

**Total Woman U** is a Christian, non-profit organization established to influence woman through a powerful Mission, an inspirational Message and a heart-felt Motivation.

**The TWU Faculty** works hard at designing events that are encouraging and challenging, engaging and practical, relevant and meaningful.

**Our MISSION** is to empower women to embark on a spiritual and creative journey that challenges them to become all God created them to be.

**CONNECT TODAY!**

~ Online Community ~



**BloggingSHE.com**

“Total Woman U”



“tweetingSHE”



**REGISTER!**



**WEBSITE!**



**Becoming ALL God created you to be!**

\* Upcoming Event \*

**“DARE to BELIEVE”**

September 27-28, 2013

hosted by Northshore Church  
Slidell, LA

\$35 Includes event T-shirt  
& Saturday lunch

Register by September 10th to ensure preferred T-shirt size.  
Deadline to register is September 20th

Register Online TODAY!  
[SHEregisters.com](http://SHEregisters.com)

# she

SHE stands for Sending Her Equipped and that's what we strive to do!

Our TWU Faculty develops Biblically-based SHE events from start to finish which are then hosted by local churches. Each of our events has a different theme that will equip women to discover their unique God-given identity and purpose.

Our SHE events consist of large group, seminar sessions as well as breakout sessions, along with plenty of time to make new friends!



Our large group sessions include topical teaching, music, gifts and games.



Our smaller, breakout sessions take a more personal approach. We break our theme down

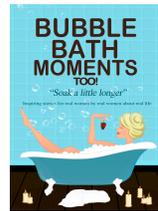


further and give practical applications that are relevant to our daily lives.



We are thrilled to bring in author and speaker, Shari Braendel as one of our keynote speakers at this year's Fall 2-day Conference. Shari has become the nation's most sought-after Christian speaker on the topic of fashion, beauty and modesty. As a successful image consultant, she saw firsthand that women didn't recognize the beauty that God gave them and lacked the knowledge of how to dress themselves with confidence so their outside appearance represented who they were on the inside. She has been honored to share the stage with Nicole C. Mullin, Lysa TerKeurst, and Karen Kingsbury, just to name a few. She has also been featured on Focus on the Family, K-Love, Crown Financial Network and over 50 radio stations and magazine features.

Fall 2013 SHE Conference  
Keynote Speakers  
Read more on our website



Manthie Hayes is back! Manthie is a teacher, speaker and author of Bubble Bath Moments and now Bubble Bath Moments, Too. She is devoted to helping women understand God's desire to meet them exactly where they are. She speaks with authority, wisdom, and certitude, teaching the love of Jesus Christ with a beautifully raw and gracefully applicable delivery. She has taught life groups at Resurrection Life Ministries in Picayune, MS, for the last five years and is currently teaching the "Love Walk" life group - a ladies Bible Study focused on learning to fully receive the love of God and letting it flow to others through relationship building and serving.



Jenny is the founder of Total Woman U. She has been writing for TWU events for the last 10 years. Her personal journey of discovering her unique, God-given identity and purpose is why she is so passionate about these two topics and why she feels so strongly that women of all ages need to embark on their own personal journey. TWU has given Jenny a platform to both encourage and challenge women to uncover their God-given strengths and abilities and use them to honor God as they become all He created them to be. Jenny has worked with the the women's ministry of Northshore Church in Slidell for the past 5 years.



Claire Abney  
Total Woman U  
Director, local  
teacher



Becca Frischertz  
Director of  
Women's Ministry  
at First Baptist  
Church Slidell



Christi Gibson  
Connections and  
Communications  
Minister at FBC  
New Orleans.



Judi Jackson  
Coordinator of  
Women's  
Programs at  
NOBTS



Stefany Lockwood  
Total Woman U  
Director



Suzanne Pichon  
Total Woman U  
Director, local  
teacher



Courtney Veasey  
Director of  
Women's Academic  
Programs at  
NOBTS