



*Empowering tweens, teens and women  
to live in the confidence of Christ.*

Lynn Cowell is a national conference speaker who is passionate about helping women of all ages understand the importance of Christ confidence. She is the author of several books including ***Make Your Move: Finding Unshakable Confidence Despite Your Fears and Failures***, and ***Brave Beauty: Finding the Fearless You*** just for girls ages 8 - 12.

Lynn's messages equip women to:

- Find their confidence and identity in God's unfailing love, rather than in their own abilities.
- Recover from defeating decisions to move forward toward a strong self-worth.
- Identify and address the fears that keep them stuck, with practical steps to walk in their calling with confidence.

Lynn and her husband, Greg, have been married for over 30 years and are the parents of three young adults. They enjoy spending time together, especially when it combines the mountains, well-worn sweatshirts, and anything with chocolate and peanut butter. Lynn, her family, and the occasional backyard deer, live near Charlotte, North Carolina.

Lynn looks forward to hearing your heartbeat for your event and coming alongside to minister with you.

*"If you are looking for a speaker who will inspire your community to become the women that God desires for them to be, Lynn Cowell is the perfect choice. In our planning meetings in the months prior, Lynn shared her heart and her years of experience. Even though she was miles away in North Carolina and we were in Illinois, she helped equip our team with helpful ideas for marketing and planning our conference. The feedback after the conference was overwhelming with what a wonderful impact she had on the women of all ages."*

– Lisa Teichmiller, Christ's Church Effingham, Illinois



# Speaking Topics

## When My Confidence is in Doubt

I want to be all God's created me to be; do all I was made to do. So what's holding me back?

Doubt. Doubt that you have all you need to do all He's given you to do. What you need is confidence.

Lynn reveals the secret behind finding a confidence that holds up, even in the worst situations. She'll share how to:

- Increase your confidence, empowering you to fulfill your dreams and purpose.
- Position yourself to not lose your confidence - even in the worst circumstances.
- Build your confidence on the one thing that cannot be taken from you.
- Recover from confidence defeating decisions to move forward toward spiritual maturity.
- Stop the agonizing mental chatter and replace it with security-building truth.

## Brave Enough to Keep Going

*{full conference or single session message}*

This journey you're on is filled with many twists and turns. Some of those will lead to advances, yet others will feel more like retreats. No matter what season of trials and triumphs we are in, we can be empowered with God's confidence to keep moving forward no matter what comes.

Based on her own experience with triumphs and defeat, Lynn empowers women with 5 practical steps learned from the Daughters of Zelophehad in the book of Numbers. In this session you will:

- Realize you're not alone in wrestling to move forward in life.
- Recover from defeat to move forward toward a strong self-worth.
- Recognize the pieces you're missing to help you to keep going.
- Restore the hope you've lost by arresting your fears, empowering you to accomplish your personal assignments.

## More Than the Women in the Mirror

*{full conference or single session message}*

What do you see when you look in the mirror? Confidence? Beauty? A woman overwhelmed by the Father's love? Or do you see someone different?

In a culture obsessed with perfection, our sense of self-worth can be battered and tossed day after exhausting day. We were made for more!

Based on the lives of women in the Bible, including Deborah and Abigail, together, let's discover how to:

- Live in unshakable confidence, even in the worst situations.
- Replace loneliness, rejection, and pain with acceptance, affirmation, and approval.
- Discover how to overcome the self-doubt whispers & find freedom to reach our full potential.
- Find the love you crave so your love-gap is finally filled.

***Lynn also has additional topics for mother/daughter events as well as teen events. Please see her complete list of topics and messages at [LynnCowell.com](http://LynnCowell.com).***

***To find out more information on having Lynn come to your group, contact us at Proverbs 31 Ministries by calling 1-877-P31-HOPE or visiting [www.Proverbs31.org](http://www.Proverbs31.org) and click on Experience***



**Proverbs31**  
MINISTRIES