



STIRRED NOT SHAKEN

FAITH ACTIVATED | II TIMOTHY 1:3-8

YOUTH TRACK and A.B.L.E. ADVISORS ACTIVITY OPTIONS

TUESDAY AFTERNOON OPTIONS – JULY 3 3:00 P.M. – 4:15 P.M.

TAO – 001 TIE DYE

Bring a white piece of clothing to create an original and groovy design!

TAO – 002 CY “PROMO VIDEO”

Come learn the basics of videography! You will plan, film, and edit a promo video for CY!

TAO – 003 HENNA

Come and decorate yourself with temporary tattoos, and learn the origins and meaning of this popular art form.

TAO – 004 PRACTICAL PEACEMAKING

Learning practical ways to be peacemakers, Learn a variety of responses in our homes, our schools, our communities and our country.

TAO – 005 CULTURAL INTELLIGENCE 101

Begin developing your cultural intelligence by understanding the lens through which you view the world!

TAO – 006 Worship Arts

How can we use our gifts of drama, creativity and expression to glorify God?

TAO – 007 THE BIBLE FOR TODAY

How do we understand the bible in our lives? Let's discuss how relevant the bible is for today!

TAO – 008 WHO ARE YOU? THE STORY OF ME

Our culture places certain expectations on us, some of which you know to be untrue to who you really are. Begin to see your authentic self in the eyes of God!

TAO – 009 CALLED TO SERVE

Do you feel called to do mission work, or pursue a degree/ career in theology? Discover the many ways you can be involved in mission through the PCC, including Youth in Mission, International Ministries, and possible local opportunities.

TAO – 010 CONNECTING WITH GOD IN A BUSY WORLD

How can we nurture our faith? How can we connect with God when the world is so loud?

TAO – 011 BASKETBALL

You can't go wrong with this classic!

TAO – 012 SOCCER

Need we say more?!

TAO – 013 ESCARPMENT HIKE

Hike through God's marvellous creation, exploring Brock's beautiful backyard. Closed toe shoes required.

WEDNESDAY AFTERNOON OPTIONS – JULY 4 3:00 P.M. – 4:15 P.M.

WAO – 014 ESCARPMENT HIKE

Hike through God's marvellous creation, exploring Brock's beautiful backyard. Closed toe shoes required.

WAO – 015 DESIGNER DUCT TAPE

Create wallets, belts, guitar straps or folders. Talk about unique accessories!

WAO – 016 SONG WRITING & SPOKEN WORD POETRY

Do you like to write? Have a creative streak that needs to be expressed? Come learn the foundations of song writing and spoken word poetry.

WAO – 017 WOVEN CREATIONS

Learn about the bountiful world of yarn art!

WAO – 018 BREAKING BREAD

Learn the basics of baking. Break bread together as we discuss the role that food plays in cultivating community!

WAO – 019 OUR ROLE IN CLIMATE CHANGE

What can we faithfully do to address the climate crisis? What does scripture tell us about caring for God's creation? How can Christians be environmental advocates?

WEDNESDAY AFTERNOON CONTINUED...

YOUTH TRACK and A.B.L.E. ADVISORS ACTIVITY OPTIONS

WAO – 020 FEMINIST FAITH

Do you ever feel as though most biblical stories revolve around men? Come learn about the brave and strong women in the bible!

WAO – 021 CREATIVE PRAYERS

Ever have difficulty praying? We'll learn new forms of prayer, and some practical methods to make prayer a regular on-going part of our lives.

WAO – 022 WHEN GOD FEELS FAR AWAY

All people experience time of valleys and mountains, but how can we remain faithful and connected in those frequent times of doubt, fear and when things are changing so quickly?

WAO – 023 HUMOUR IN THE CHURCH

Is there a place for humour in the church? How do we bring it in, how do we use humour faithfully?

WAO – 024 VOLLEYBALL

We'll be 'serving' up fun at this workshop!

WAO – 025 FLAG FOOTBALL

Field... friends ...flag... football... you get it!

WAO – 026 BIG GAMES

We'll be playing all the favourite old school games: Red Rover, Tag, Giant Twister.

FRIDAY AFTERNOON OPTIONS – JULY 6 3:00 P.M. – 4:15 P.M.

FAO – 027 ULTIMATE FRISBEE

Fantastic frisbee fun.

FAO – 028 DODGEBALL

Dodge, duck, dash!

FAO – 029 SWIMMING

Take a break from the hot sun and relax in the Brock aquatic centre pool!

FAO – 030 HENNA

Come and decorate yourself with temporary tattoos, and learn the origins and meaning of this popular art form.

FAO – 031 ART WITH RECYCLED MATERIALS/ART INSTALLATION

It's an art attack! Join us as we paint, mould, craft, and do a variety of other art projects.

FAO – 032 BEADING

...a little or a lot...do a prayer chain...a scarf or a T shirt (bring a piece to bead).

FAO – 033 MONEY MATTERS

Learn about the role faith can play in your decisions about money. Explore planning for the future and money management. Look at consumerism and materialism — and what decisions we can make to help us make good choices in what we do with our money.

FAO – 034 BUILDING FAITHFUL BRIDGES

Do you have a friend who is of a different religion? How do you talk about faith? Are there similarities between Christianity and other religions? Let's find out together!

FAO – 035 JOYFUL NOISE

Have trouble connecting with traditional hymns? How can we engage with music in a meaningful way? Come discuss how we can utilize contemporary music in our places of worship.

FAO – 036 SCIENCE AND RELIGION

Do these topics need to be mutually exclusive? Come explore the interesting relationship, and discuss what this means for your faith.

FAO – 037 FEARFULLY AND WONDERFULLY MADE: BODY & MIND

Being a person of faith, hope and love can be easy when things are going well. What about the times when things are not going well, when we are grieving, feeling lost and alone? How do we keep connected to God in the dark times?

FAO – 038 IN POLITICS, IS JESUS LEFT, RIGHT, OUT?

Both liberals and conservatives have claimed Jesus for their own agendas, but what does Jesus have to say about the politics of life? In this workshop we will investigate Jesus' teaching on social issues that we still wrestle with today.

FRIDAY AFTERNOON CONTINUED...



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DISCIPLESHIP TRACK ACTIVITY OPTIONS

**WEDNESDAY AFTERNOON OPTIONS – JULY 4
FIRST SESSION 1:15 P.M. – 2:45 P.M.**

DT – 001 DISCIPLESHIP 101

Growing a life of deeper faith, hope and love doesn't happen on its own. When life is busy how can you be certain that your discipleship is not stalling? Explore resources, practices and plans for cultivating a rich spiritual life.

DT – 002 DISCERNING AND DECIDING

Young adulthood is a time marked by decisions. Where am I going to school? What job should I do? Is s/he the 'one?' Where will I live? Come and consider how to make these important decisions and how can we listen for God's guidance in the midst of them.

**WEDNESDAY AFTERNOON OPTIONS – JULY 4
SECOND SESSION 3:00 P.M. – 4:15 P.M.**

WAO – 014 ESCARPMENT HIKE

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DISCIPLESHIP TRACK ACTIVITY OPTIONS

FRIDAY AFTERNOON OPTIONS – JULY 6 FIRST SESSION 1:15 P.M. – 2:45 P.M.

DT – 003 WHERE IS GOD WHEN THINGS GO WRONG?

Being a person of faith hope and love is easier when things are going well. What about the times when things are not going well, when we are grieving, feeling lost and alone? How do we keep connected to God in the dark times?

DT – 004 SPEAKING GENTLY AND SAFELY ABOUT YOUR FAITH IN A SECULAR WORLD

Do you ever feel afraid to talk faith at work or at school? Do you want to be able to express yourself in a way that is honest about who you are, without risking offense to your neighbour? Explore ways you can be your-faithful-self wherever you may be.

DT – 005 BE THE CHANGE

The term ‘slacktivist’ has been coined to describe people who take small steps (‘liking’ something or posting about it on social media) to support a cause but do not take action requiring more effort to bring about change. While these small efforts are supportive of causes, what does it mean to engage with an issue or cause in ways that will make lasting change? Come and explore ways to be agents of change.

FRIDAY AFTERNOON OPTIONS – JULY 6 SECOND SESSION 3:00 P.M. – 4:15 P.M.

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YOUTH MINISTRY TRAINING TRACK WORKSHOPS

**TUESDAY AFTERNOON OPTIONS – JULY 3
FIRST SESSION 1:15 P.M. – 2:45 P.M.**

YMT – T001 YOUTH MINISTRY 101 – PART A
Help!! I'm new to this and I don't know what to do!
 In this workshop we will explore and discuss the foundations of youth ministry. Learn the basics — getting started, laying the foundations, finding researches and support.
 (*3-hour workshop)

YMT – T002 FINDING THE RIGHT WORDS
 How do we talk about our faith? And more importantly, how can we help our young people find their voice of faith in a world of emoticons and memes? Explore ways to encourage and equip your youth to do the same.

YMT – T003 DISCERNING AND DECIDING
 Young adulthood is a time marked by decisions. Where am I going to school? What job should I do? Is s/he the 'one?' Where will I live? Come and consider how to help youth make these important decisions and how we can teach them to listen for God's guidance in the midst of them.

YMT – T004 WHERE IS GOD WHEN THINGS GO WRONG?
 Being a person of faith hope and love is easier when things are going well. What about the times when things are not going well, when we care for those who are grieving, feeling lost and alone? How do we keep youth connected to God in the dark times?

**TUESDAY AFTERNOON OPTIONS – JULY 3
SECOND SESSION 3:00 P.M. – 4:15 P.M.**

YMT – T001 YOUTH MINISTRY 101 – PART B
Help!! I'm new to this and I don't know what to do!
 In this workshop we will explore and discuss the foundations of youth ministry. Learn the basics — getting started, laying the foundations, finding researches and support.
 (*3-hour workshop)

YMT – T005 WHEN TWO OR THREE ARE GATHERED
 Developing lively and active youth ministry in a small church rural setting.

YMT – T006 BEYOND FRIDAY NIGHTS
 Ideas to minister to youth, without having a youth group
 Having a weekly, or even monthly youth group may not always be an option. Discover other ways of doing effective youth ministry in your context.

YMT – T007 YES YOU CAN!!
Building a Vital Youth Ministry with Limited Time, Resources, and Knowledge
 Call it youth ministry on a shoestring! Do you care about youth ministry but feel that you don't have enough time, resources or knowledge to build a vibrant youth ministry program? There is hope! This workshop will explore youth ministry options and opportunities that will serve your community's youth — all on limited resources.

YOUTH MINISTRY TRAINING TRACK WORKSHOPS

WEDNESDAY AFTERNOON OPTIONS – JULY 4 FIRST SESSION 1:15 P.M. – 2:45 P.M.

YMT – W008 STIR IT UP – PART A

The Bible is an essential resource for encouraging and equipping disciples, but we struggle to make it alive and inspiring to youth. Explore ways to faithfully engage and unleash the vitality of the Word. Let's make the scriptures stirring again! (*3-hour workshop)

YMT – W009 LISTENING EAR AND AN OPEN HEART

We can't heal the problems of youth, but we can provide a caring ear for young people as they live their joys and challenges. Explore some of the situations young people are facing. Learn how to listen to young people and to provide age and situation appropriate pastoral care. Most importantly, know when to refer young people to other resources.

YMT – W010 YOUTH MINISTRY THAT "STICKS"

Mainline (and other) churches are challenged with the reality that many of our 'own' kids drop out of church as they get older. We wonder, "what are the things that engage and retain young people in the life and work of the Church for the long run?" Explore some practical guidance and resources for youth ministry in your context.

YMT – W011 ALL SAFE AND SOUND?

Youth ministries should provide a safe space for all young people. Explore how to implement the PCC's Leading with Care policy and consider other ways to ensure healthy boundaries and to assess possible risks in your ministry.

WEDNESDAY AFTERNOON OPTIONS – JULY 4 SECOND SESSION 3:00 P.M. – 4:15 P.M.

YMT – W008 STIR IT UP – PART B

The Bible is an essential resource for encouraging and equipping disciples, but we struggle to make it alive and inspiring to youth. Discover ways to faithfully engage and unleash the vitality of the Word. Let's make the scriptures stirring again! (*3-hour workshop)

YMT – W012 INTERCULTURAL MINISTRY

Going beyond exploring race or ethnicity, Intercultural ministry engages the differences and the numerous features of our identities. How do we faithfully work to honour the diversity and variety in our church communities and youth groups? We will consider how to create an intercultural youth ministry program.

WEDNESDAY AFTERNOON CONTINUED...

YMT – W013 SELF CARE & YOUTH MINISTRY

We have to be healthy in order to be helpful. How can you care for yourself, while you care for those in your charge? This will be an opportunity to learn some effective tools.

YMT – W014 MOVING FROM "I" TO "WE"

Youth ministry in every context needs a whole host of help. Your team needs frontline leaders, parents/families and the intergenerational community. Learn to recruit, build and support this crucial team.

FRIDAY AFTERNOON OPTIONS – JULY 6 1:15 P.M. – 2:45 P.M.

YMT – F015 SOCIAL MEDIA AND TECH TOOLS FOR YM

The Internet, and the tools it has enabled, has changed our lives. These tools can be a huge support for leaders in youth ministry. Explore some of the most helpful options and how to responsibly use them to further ministry.

YMT – F016 DEALING WITH THE TOUGH STUFF

The world of young adults is very complicated. We need to be talking about self-harm, suicide, cyber-bullying, depression, eating disorders, "sex, drugs and rock & roll" and bullying in the church. We need to come alongside our young adults and offer safety, support, and prayer through the tough stuff. There will be no magic answers in this workshop, but an opportunity for an open conversation about the difficult issues that are facing teenagers today.

YMT – F017 YOUTH MINISTRY THAT "STICKS"

Mainline (and other) churches are challenged with the reality that many of our 'own' kids drop out of church as they get older. We wonder, "what are the things that engage and retain young people in the life and work of the Church for the long run?" Discover some practical guidance and resources for youth ministry in your context.

YMT – F018 FINDING THE RIGHT WORDS

How do we talk about our faith? And more importantly, how can we help our young people find their voice of faith in a world of emoticons and memes? Explore ways to encourage and equip your youth to do the same.



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NEXT TRACK WORKSHOPS

YOU MAY CHOOSE ONE WORKSHOP PER TIME SLOT

We are offering a 3-part workshop series “Adapt or Bust”.

You may sign up for all three sessions or just one or two.

Jesus didn't invite us into a stable institution; He invited us into a living and dynamic faith that calls for a radical openness to change. The younger generation has learned that uncertainty is filled with possibility and has used this awareness to build deeper connections and strengthen communities. This series of workshops explores how welcoming the new by adapting our approaches to ministry, worship, and inclusion creates vitality from the changes we once feared.

SESSION 1: THURSDAY, JULY 5
3:00 P.M. – 4:30 P.M.

NT–TH00A1 ADAPT OR BUST – PART 1 **Why Children Aren't the Future of the Church**

“If we only had kids on Sunday mornings...”

How often have you heard this lament? We often lift up children and youth as the keys to a better future, seeing them as the saving grace to the problems of today. This focus on the future causes us to turn away from the present needs of the church and the present needs of the child. In this workshop, we will examine the benefits of moving beyond generational divisions and hierarchy to create a healthy and inclusive faith community.

Workshop Objectives

- Learn how to encourage your congregation to look honestly at the issues presently facing them and mobilize to act rather than defer it to future generations.
- Learn how to invite children and youth into full participation in the life of the congregation as agents of their own faith journeys and as fellow disciples with their own unique perspectives to offer.

NT–TH00B MOTIVATING THE MASSES

What stirs your congregation?

Churches get stirred up about many things, but sometimes unhelpful stirrings lead congregations away from God's plan instead of towards it. In this workshop, you will learn how your leadership team can motivate your congregation to act on the stirrings of the Holy Spirit instead of those of insecurity, fear and self-preservation.

Workshop Objectives

- Identifying *what* is stirring your congregation and whether it is opening, building and strengthening your mission
- Motivating the community of faith to be guided by the Holy Spirit in creating and living out a mission that is stirred by God's unique call for their community.

NEXT TRACK WORKSHOPS

SESSION 2: FRIDAY, JULY 6
1:15 P.M. – 2:45 P.M.

NT-FR00A2 ADAPT OR BUST – PART 2 **Why Contemporary Music Isn't the Solution**

"If we only had a worship band, more young people would come..."

Churches often look for band-aid solutions to low attendance at worship rather than examining the worshipper's holistic experience. We hope that, if we get a screen, change the music or get an edgy youth pastor, people will flock to worship... and then they don't. In this workshop, we will look at the deeper factors that create space for people to truly worship God and keep them coming back.

Workshop Objectives

- How to assess and adjust your congregation's Sunday morning practices so that all who come to worship God can easily find a place of belonging in the church.
- Learn how to foster a church culture in which worship is seen as part of a living tradition, where new ideas are welcome and old practices are open to adaptation.

NT-FR00B BUILDING UP FROM WITHIN

Take a moment to imagine what would happen if your church had all the resources necessary to build the Kingdom of God and transform the lives of people in big, unbelievable and amazing ways.

Well... the good news is that you do! In 2 Timothy 1:5, we are encouraged to "rekindle the gift of God that is within [us]." In this workshop, you will learn how to discover, nurture, and "rekindle" gifts within your congregation to do more than you ever imagined and tackle challenges that you were beginning to think had no solution.

Workshop Objectives

- How to be innovative with your congregation's gifts by uncovering hidden strengths and adapting existing resources for creative application.
- How to use those gifts and strengths within your local context.

1:15 P.M. – 4:30 P.M.

NT-FR00C LEADING THROUGH STRESS & RISK

Isn't stress bad for congregations?

Isn't it unwise for churches to take risks in this era of decline?

Effective congregational leadership in this day and age involves both STRESS and RISK. Churches that know how to work with these realities, rather than hide from them, are more resilient and more likely to grow in vitality. In the first part of this workshop, you will learn how to promote the emotional health of your congregation as a whole by working with the stress in the system. In the second part, you will learn how to support productive risk-taking in your congregation through adaptive leadership.

Overall, this workshop is about transforming stress and risk from points of tension in your congregations to springboards for progress and change.

NEXT TRACK WORKSHOPS

SESSION 3: FRIDAY, JULY 6 1:15 P.M. — 2:45 P.M.

NT-FROOD LIVING OUT YOUR VISION

Have you heard the joke about the guy who prayed to God to help him win the lottery? He felt lost and forsaken because he didn't win, so he prayed to God again. And God said, "Next time, buy a ticket."

After discerning a vision, many congregations feel disappointed that the vision isn't becoming a reality. Just like the man in the joke, we often fail to create the conditions necessary for God to work with us in moving the vision forward. In this workshop, you will learn how to guide your congregation in crafting a practical plan for living out your vision.

Workshop Objectives

- Discuss ways to bring a variety of voices and perspectives, especially those that do not normally have a seat, to the planning table.
- How to implement your action plan through manageable steps based on realistic goals.

NT-FROOE ROOTED IN GOD OR GUMPTION?

*Unshaken, adjective:
steadfast and unwavering; not weakened; not
disturbed from a firm position.*

Ministries that are unshakable are rooted in God. When we lose sight of this and start relying on our own gumption, our ministries easily become unstable. In this workshop, we will discuss inspiring, sustainable and life-giving ways to keep God at the center of our ministries.

Workshop Objectives

- Identify which spiritual practices will thrive in your faith community and how to invite congregation members to engage with them as part of daily life.
- Learn to practice, model, and encourage self-care that honours boundaries and leads to personal and collective spiritual vitality.

SESSION 4: SATURDAY, JULY 7 1:30 P.M. — 3:00 P.M.

NT-ST00A3 ADAPT OR BUST PART 3: Why We Shouldn't Minister to Millennials

"If only we offered a youth-focused program, young people would be engaged in the church."

Programs and events that minister to young adults often miss out on the opportunities that could be gained from ministering with them. Millennials are known for their flexibility, love of innovation, collaborative work ethic, strong cultural intelligence, and desire to make a meaningful difference in the world. In this workshop, you will learn how engage young adults, from within your congregation and the larger community, in mission and ministry in a collective, collaborative and inclusive way.

Workshop Objectives

- Reframing "outreach" and "mission" to emphasize partnership, relationship, and mutual connection.
- Developing genuine openness to learning from others and a strong awareness of your own preferences and biases and their impacts on ministry with others.

NT-STOOF UNSHAKABLE TEAMS

*"Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received."
—1 Peter 4:10*

Christians are called to serve one another; yet, as anyone who has volunteered or worked in a church will tell you, we often fall short of that ideal when it comes to ministry team dynamics. In this workshop, we will discuss how to build a healthy ministry team and provide practical tools for establishing clear expectations together and handling conflict when it arises.

Workshop Objectives

- Learn how to support your leadership team to grow — in numbers, in faith, in health, and in giftedness!
- Learn helpful Human Resources practices, conflict resolution strategies, and ideas for developing a culture of servitude in your team.