

## **Nili Couzens – Speaking Topics 2019**

*(\*part of JWRP itinerary)*

### **1\*. "Welcome to Planet Earth: Do you know what you're doing here?"**

Judaism teaches us that each soul was put here for a specific purpose. This 1 hour workshop helps you pinpoint your personality type (chaim/bracha/tov) and your soul's unique mission in life.

### **2\*. "Making a Good Marriage Great."**

Getting married is the beginning of the story, not the end – as every married couple can attest. The Top 10 Tips to help get your marriage from good to great.

### **3\*. "How to Raise a Mensch."**

The most important job you will ever have comes with no training, no handbook, no license. How do you know if you're doing it right?? Parenting defined. *(This topic can be covered in a 4 part in-depth series over a shabbaton or online, or in 1 class covering the basics.)*

### **4. Fall Seven Times, Stand up Eight.**

Judaism teaches us that successful people fail all the time. The wisdom to understand the spiritual physics of it all - and the inspiration to keep going.

### **5. "I am a Total Stress Case"**

Stress is almost unavoidable in today's rushed world. But each of us is triggered by different situations. Deciphering what your stress is telling you about YOU and how to use stress to catapult to the next level of success.

### **6. "The Cosmo Effect"**

Are you a body or a soul - who's the real you? Ancient Jewish wisdom has been grappling with these essential questions for thousands of years and reveals the strategies to decipher and navigate the media messages of today's world.

### **6. "This is NOT what I Ordered: What to do when your prayers DON'T get answered."**

We all pray for things we need in life. Where's G-d when your prayers don't get answered?

### **7. "Death, the Afterlife and Reincarnation:"**

Yes, Judaism actually believes in all of that. The inside story on what happens after you die.

### **8\*. “Positively You.”**

Happiness is the key to an amazing life and yet seems so elusive. The key to unlocking the happiness you crave is right in front of you.

### **9. “Seasons of the Soul.”**

Each Jewish holiday provides a once a year opportunity for a specific type of spiritual growth. This topic can be presented either as a 12-part online series given over the course of a year or as an independent class focusing on a specific holiday (eg, *Purim*, *Pesach*, etc) or time of year (eg, *the essential message of the Spring holidays*.)

### **10. “Four Misconceptions Jews Have about Judaism.”**

Mark Twain said, *“It ain't what you don't know that gets you into trouble. It's what you know for sure that just ain't so.”*

The four most common misunderstandings everyone seems to have about Jewish ideas and the facts behind the misconceptions.

### **11. “Jewish Women, Then & Now.”**

Jewish Women have always been leaders – throughout the Torah until today. A fast forward tour of Jewish women throughout time and the secret power behind them.

### **12. “The Seven Wonders of Jewish History.”**

The prophecies about the future of the Jewish People completely contradict each other. And yet - we are standing at a point of history where we can look back and connect the dots. A compelling snapshot of where Torah, history and current events overlap.

### **13. “The Five Levels of the Soul and Their Five Levels of Pleasure.”**

Each of the five levels of the soul is an essential part of the “you,” and each level of the soul has a corresponding pleasure. Finally decipher that amorphous feeling of, “I don't know... but something's missing....”