

## Yorkshire Synod - Elders' Conference

Saturday 22nd April 2023 10:00am-3:00pm

Bilton Grange United Reformed Church,  
Harrogate, HG1 4LN (and online option)



### Elders' Conference - 'Resilience'

*Do you sometimes wonder how to cope with yet more change, new ideas, new technology and a changing social context. Our Annual Elders Conference to be held on 22<sup>nd</sup> April 2023 at Bilton Grange, will give us all some time to think about some techniques which might help. Our subject is **Resilience** – with the dictionary definition 'an ability to recover quickly from or adjust easily to, misfortune, change or disturbance': this will be an interactive, flexible and fun day conference exploring the importance of resilience in church leadership. Participants will have the opportunity to connect with others from churches across Yorkshire, learn about the science of resilience, and practice activities that help develop resilient individuals and communities.*

The conference will be led by Rev. Dr. Adam Scott, Principal of Northern College and has experience of Pastorate and Chaplaincy Ministries along with extensive experience in the field of Psychology.

**We aim to run this as a hybrid event with in-person and virtual access.**

**To book your place please contact Val Morrison**

**Email: [valmorrison7@btinternet.com](mailto:valmorrison7@btinternet.com) Tel: 01302 530109**

