

Breakout Sessions

Each attendee can attend two workshops. Choose your top three in case one is full.

Breakout 1: "What about Me? Who does God say I am?" Meghan Hendrickson

Jesus asked the most important question we will ever answer in Matthew 16:15, "But what about you? Who do you say I am?" What if we asked God the same question today? Join us as we take time to seek God together and really listen to what God has to say about us.

Leader Bio: Meghan Hendrickson serves as the Minister to Women and Discipleship Resource Director at Park Cities Baptist Church in Dallas, Texas, where she is grateful to be the first woman to serve on the PCBC preaching team. Meghan holds a Master of Divinity from George W. Truett Theological Seminary and a BBA in Business Journalism from Baylor University. She has served on three different church student ministry teams (including First McKinney in 2009), helped pioneer campus ministries at Texas A&M University (with the Center for Mission Mobilization) and the University of Amsterdam (with the International Mission Board. Meghan's passion is to use writing and preaching to inspire the church to love God with everything she's got and shine bright His light in the darkness. First McKinney has played a key role in Meghan's spiritual formation--she is delighted to come and serve at EmpowHer!

Breakout 2: "Navigating Your Child Towards Jesus" Dr. Melissa Ewing

Our children are growing up in a confusing and distracting world where many voices compete for their attention. It's difficult to discern truth when the world's values are contrary to God's design. This session will help you utilize teachable moments for hard conversations about faith and truth. Learn how to help your children, grandchildren and the next generation understand what God's word says about morality, integrity and holiness and gain practical tools for making Jesus the primary setting on their navigation system of life.

- Session 1- Discussions in this session will be geared towards topical issues in the lives of children ages birth through 11.
- Session 2 - Discussions in this session will be geared towards topical issues in the lives of children ages 12 through Young Adults.

Leader Bio: Melissa is excited to join EmpowHer again this year. Dr. Ewing is a licensed psychologist and adjunct professor at Dallas Baptist University. She previously served at First McKinney as the Children's Minister as well as the Minister of Marriage and Family. She and her husband, Howard, have been married for 32 years and have four adult children and one granddaughter. Melissa and Howard are passionate about helping couples build strong marriages through Marriage Core, and Melissa loves helping women discover their worth and value in Christ.

Breakout 3: "Wander or Wonder Women?" Jill Dillashaw

What doesn't matter and what truly matters--shepherding the hearts of women through life's ups and downs. Life is hard, we need women around us when the storm hits. Join Jill as she teaches us how to walk beside and support women in the ever-changing seas of life.

Leader Bio: Jill Dillashaw is a wife of 29 years and a mom of 4. She has been room mom, team mom, stay at home mom, public school mom, homeschool mom, Bible study teacher, and a Marriage and Family Counselor. She is a proud Baylor Bear (Psychology major, Religion minor) and a graduate of Southwestern Baptist Theological Seminary (Master of Arts in Marriage and Family Counseling, and a Master of Arts in Religious Education). She is a Licensed Professional Counselor (Supervisor level) Jill loves laughing, traveling, Baylor Basketball, tennis, battling it out in a 30-year long Domino game, and rare moments of having all kids home at the same time. Jill and her family have been blessed to call FBC McKinney home for 22 years.

Breakout 4: “Learning How to Study the Map and Chart Your Course” Alisha Smith and Amanda Vines

We need clear direction for navigating life, especially in an ever-changing culture. Your course becomes clearer when you know how to accurately read and study the map. Let Alisha and Amanda use what they’ve learned through their years at Dallas Theological Seminary to show you how to study the bible and dig deep like a seminary student.

Leader Bio: Alisha is passionate about God’s word and helping others see the richness of studying scripture. She currently teaches Bible and Biblical Worldview classes at Lucas Christian Academy and is preparing to graduate from DTS in May with a Master’s Degree in Christian Education. Amanda is passionate about women being grounded in their identity in Christ and multi-generational community, as well as living boldly in their God-given gifts. She has been a student at DTS since 2019 working toward her MA in Christian Education.

Breakout 5: “Finding Calmer Waters” Sydney Jackson

Women run full throttle, wearing many hats and moving 100 miles/hour in every busy season. Join Sydney as she helps us navigate techniques and practical tips for establishing healthy rhythms in our walk with the Lord, ministry, and everyday life.

About Sydney: Sydney is ecstatic to be back with the First McKinney family, where she served on staff in the Student Ministry. She is a wife, a mom of two (with a third on the way!), and a commissioned minister. Sydney loves to spin lots of plates--as long as God is the one sending them her way!

We can’t wait to embark on EmpowHer 2023 “True North: Recalibrating our Compass” with you and see all the Lord does in and through our time together!

For additional questions about the EmpowHer Conference or scholarship opportunities, email us at women@firstmckinney.com.