

Motivator

Storyteller

Writer

Speaker

Comedian

# Regina Dettra

*Speak and Motivate*



WEAVING STORYTELLING,  
HUMOR AND BIBLE TRUTHS INTO A  
LAUGH-OUT-LOUD APPROACH  
TO CHRISTIAN LIVING.

I would love to have the opportunity  
to come speak to your church or group.

Here are a few examples of  
topics that I have presented:

**BY THE GRACE OF  
GOD AND GRANDMA....**  
A workshop/seminar style  
presentation on stewardship.

1. Understanding contentment
2. Keeping up with the Jones.
3. Simple and easy budgeting
4. Meal planning and shopping
5. Going green saves the green

**HEAL YOUR ACHING BACK**  
Based on Isaiah 58. See how  
volunteering and serving others can  
take the pressure off your sore back!

**LIFE ON THE FAST TRACK WILL ONLY  
GIVE YOU A FLAT TIRE....**

Reviving the Sabbath Workshop/ Seminar

1. It's a Brain Thing: Changing the Idea of Rest
2. Understanding Work
3. Understanding God's Definition of "Rest in Me"
4. Creating a Rest for You and Your Family
5. Sabbath Observation Ideas

**FINDING HUMILITY WHILE  
SUFFERING FROM IDESERVITIS**

We all in some way suffer from the  
"I deserve" way of thinking.  
Discover how we lose sight when we add  
ourselves to our daily equations of life.

*"Regina, You are  
unique and captivating  
and make me think  
of my Christian Life  
in a fresh way."  
Melanie Chitwood  
Proverbs 31 Ministries*

MY LIFE IS AN OPEN BOOK OF HOPES,  
DREAMS, TRIALS & FAILURES,  
BUT MOST OF ALL I LOVE CHRIST.  
I LOVE GOD AND I WANT TO  
SHARE HOW HE HAS MADE A  
BIG IMPACT IN CHANGING MY LIFE.



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