

Class 1 (11:30am)

MAIN CLASS
Getting Things Done
A Talk on Productivity & Time Management
Business, Career, & Finance

Liz Claudio

Executive Director of Favor College Executive Pastor at Favor Church Let's delve into strategies and techniques for organizing tasks, setting priorities, and maximizing efficiency in both personal and professional contexts.

MAIN CLASS
The Holy Spirit & I
A Relationship to Discover
Faith & Ministry

Explore the profound and personal connection between you and the Holy Spirit, and how to discover and nurture this spiritual relationship.

MAIN CLASS
What Was I Made For?
Self-Growth, Self-Worth

Sr. Hosanna Immaculata, SV

Assistant to Local Superior at Holy Respite Mission If you're still unsure of what you want in life, this session is for you. Let this class help you explore the path to a purpose-driven life.

MAIN CLASS
"I'm Not Okay"
Taking Care of Your Mental Health (for Youth & Young Adults)
Health & Wellness

Bian Orenciana

Music Business & Multimedia Professional Mental Health Advocate Learn strategies and practices to nurture your mental well-being. This session is particularly crafted for youth and young adults.

MAIN CLASS
Across Differences:
Effective Strategies for Leadership
Leadership

Arun Gogna

Regional Builder, Feast Mega Manila Enhance your ability to lead diverse teams and foster collaboration.

SPECIAL CLASS
At the Crossroads:
A Talk on Vocations
Self-Growth, Self-Worth

Randel Serrano, Miguel Ramirez, Meann Tee

Randel Serrano: Feast Builder, Podcaster, Radio Anchor Miguel Ramirez: Pre-deacon, Archdiocese of Manila Meann Tee: Teacher, Wellness Consultant, Radio Anchor Is God calling you to a particular job, profession or type of work? Let this class help you in your vocation discernment.

BIBLE LAB
What the Heck is this Crazy Book?
Introduction to the Bible

Bene Sanchez

Coffee Nut, Youth Leader, Bible Nerd First things first. Let's begin your bible study journey with truths about the greatest book written of all time.

Class 2 (2:00pm)

MAIN CLASS
How Employment Can Make You Rich
Business, Career, & Finance

Joemer Embernate

Co-Founder and Brand Evangelist at Support Shepherd Uncover ways on how being an employee is likewise a pathway to financial prosperity.

MAIN CLASS
How a Restart Can Renew Your Faith
Faith & Ministry

Fr. Jewel Gatus, Mat., O.P.

Parish Priest, Our Lady of the Holy Rosary Parish Radio Host, Kwentuhan Kamban Katoliko! When things get too overwhelming, hit the restart button and let fresh beginnings revitalize your life once again.

MAIN CLASS
Keeping Kids Safe in the Digital World
Family & Relationships

Discover responsible digital parenting and tools to ensure children's safety in the digital realm.

MAIN CLASS
Shadows: Healing Your Inner Wounds
Health & Wellness

Vivien Hernandez

Homeschooling Mom, Worship Leader, Advocate for Sexual Assault Survivors Embark on a journey of self-discovery and healing, as you learn how to confront and heal your inner wounds.

MAIN CLASS
Leading by Serving Others
Leadership

Jon Escoto

District Builder, Feast Laguna CEO of LeadLife Inc Discover the transformative power of servant leadership in this session.

SPECIAL CLASS
New Skills to Help You at Work in the Digital World
Business, Career, & Finance

Gretchen Veran

Founder, Get Smarter and Better Equip yourself with essential new skills for success in today's digital workplace and ever-evolving professional landscape.

BIBLE LAB
What's the Drama in Joseph's Saga?
Understanding Biblical Narrative from the Story of Joseph

Mon Reyes

Feast Youth Missionary, Host of Not So Secular Podcast Gain a deeper understanding of biblical narratives, unraveling the significance of stories within the context of religious and historical perspectives.

Class 3 (3:20pm)

MAIN CLASS
Choose the Right Type of Life Investments for You
Business, Career, & Finance

Joel De Las Penas & Noel Amandilla

Founders, International Marketing Group Is financial literacy more confusing than helpful to you? Learn how to make informed choices regarding life investments that align with your goals and values in this class.

MAIN CLASS
How Do We Heal From Here?
A Guide for Healing Family Issues
Family & Relationships

Fr. Dennis Paez

Marian Devotee Here's your compassionate guide for fostering reconciliation in the family.

MAIN CLASS
The Gospel of Life: Understanding the Heart of Jesus' Message to Humankind
Faith & Ministry

Sr. Hosanna Immaculata, SV

Description Is God calling you to a particular job, profession or type of work? Let this class help you in your vocation discernment.

MAIN CLASS
Take Control of Your Cholesterol the Natural Way
Health & Wellness

Dr. Renato Paragas

Author, Speaker, and Medical Director, VER1REV Enterprises Corporation Discover natural and effective strategies for managing cholesterol levels to aid in your health and well-being.

MAIN CLASS
Action Men: Fulfilling God's design for Men in the Modern World
Self-Growth

Ped Faytaren

Builder, Feast Ortigas District Explore how to embrace and fulfill God's design for men in today's modern world.

SPECIAL CLASS
Unique: Raising Children with Special Needs
Self-Worth

Grant and Gay Javier

Grant Javier: Founder, Project Inclusion Director Gay Javier: Mompreneur Be empowered to provide the unique support and care require for the growth and development of children with special needs.

BIBLE LAB
What's So Funny About Jonah?
Understanding Biblical Narrative from the Story of Jonah

Fr. Albert Garong, SSP

Pauline Priest, Host-Producer of PadsCast Learn the design patterns, as one of the key ways the biblical authors have unified the storyline of the Bible, through the story of Jonah.

NOV 24, FRI

- 9:00 Holy Mass
- 10:00 Morning Plenary
- 11:30 Class 1
- 12:30 Lunch
- 2:00 Class 2
- 3:00 Break
- 3:20 Class 3
- 4:20 Break
- 4:45 Afternoon Plenary
- 6:30 End

PLENARY
Sr. Antoniana Maria, S.V.
Intercessory Prayer Mission, Sisters of Life

PLENARY
Jan Silan
Builder, Feast Makati Salcedo
Velden Lim
Author, Builder, Feast Bicutan

NOV 25, SAT

- 9:00 Holy Mass
- 10:00 Morning Plenary
- 11:30 Class 1
- 12:30 Lunch
- 2:00 Class 2
- 3:00 Break
- 3:20 Class 3
- 4:20 Break
- 4:45 Afternoon Plenary
- 6:30 End

PLENARY
Bo Sanchez
Founder, The Feast
Bernadette Sembrano
Journalist, Author, Singer/Songwriter
Kat "The One-Armed Mamba" Tan
Fitness Trainer, Basketball Player, Sports Influencer
Arnold Vargas
President, Fisara Publishing

PLENARY
Fr. Mario Sobrejuanite
Provincial Superior (Philippines-Macau), Society of St. Paul, Former Fr. Superior in Arricia, Rome

Class 1 (11:30am)

MAIN CLASS
Why Businesses Fail and How to Avoid it
Business, Career, & Finance

Rex Mendoza

CEO, Entrepreneur, Independent Director, Investment Advisor, and Bestselling Author What are the common reasons behind business failures? Learn effective strategies to avoid them in this session.

MAIN CLASS
How to Win Spiritual Battles in Daily Life
Faith & Ministry

Sr Antoniana Maria, SV

Intercessory Prayer Mission, Sisters of Life Satan's number one goal is to keep us away from God. How do we respond to the different forms of spiritual attacks in our daily lives?

MAIN CLASS
How to Have a Difficult Conversation with Your Partner
Family & Relationships

Didoy and Mayli Lubaton Jan and Angela Silan

Didoy Lubaton: Author, Doctor, Feast Builder Mayli Lubaton: Investment Advocate, Manager, Wife, Mom of Two Jan Silan: Builder, Feast Makati Salcedo Angela Silan: Wife, Mom of Four, Wedding and Event Planner No lasting relationship exists without conflict, so knowing how to address it in a healthy way is crucial to build a strong one.

MAIN CLASS
How to Cope with Family Stress
Health & Wellness

Jhon Carandang, RPsy

Clinical Psychologist, Brother of the Order of the Franciscan Secular Is your home a source of anxiety rather than peace? Discover how you can help build harmonious and supportive family environment in this class.

MAIN CLASS
Parenting with Purpose:
Exploring Effective Parenting Styles
Family & Relationships

Pia Acevedo

CEO, OneCORE Founder, Strengths Philippines Learn about the different parenting styles and why knowing this will foster a child's purposeful growth and development.

SPECIAL CLASS
Turning Disability into Ability: Life as a PWD
Self-Growth / Self-Worth

Oying Isidoro

Builder, Wednesday Feast Alabang Gain insights into the remarkable journey of individuals with disabilities as they turn adversities into opportunities.

BIBLE LAB
What on Earth is Genesis 1 Saying?
Understanding Biblical Poetry and Artistry

Tisha Caro

Feast Bible Nerd, Writer, Entrepreneur, This book is highly poetic and illustrative which can be brain racking especially if you're new to bible reading. Still, it's worth exploring. Let Tisha Caro answer the whys of one reflective Bible author.

EXPO CLASS
A Guide to an Effective Savings Plan
Business, Career, & Finance

John Ben Rodriguez, CWP*, CEPP*

Certified Wealth and Estate Planner Builder, Feast Bay Area Get practical guidance on creating and maintaining an effective savings plan to secure your financial future.

Class 2 (2:00pm)

MAIN CLASS
How to Create a Realistic Budget Plan and Stick to It
Business, Career, & Finance

Gerlie Mercado & Coach Jerry Udarbe, CPA, AFP

Jerry Udarbe: Financial Coach, Truly Rich Makers; EVC International Marketing Group Gerlie Mercado: Certified Financial Educator - HIFE With so many options to easily spend your money away, can I still create a realistic budget plan that will allow me to spend a little for my wants, yet have enough for my needs and still save for the future?

MAIN CLASS
Beyond Bouncing Back: Harnessing Resilience for Life and Wealth
Business, Career, & Finance

Edward Lee

Founder and Chairman of the Board, COL Financial This class will help ensure that your financial decisions support your long-term aspirations and dreams.

MAIN CLASS
The Most Googled Questions About Catholicism
Faith & Ministry

Fr. Albert Garong, SSP & Randel Serrano

Fr. Albert Garong, SSP: Host-Producer of PadsCast Randel Serrano: Feast Builder, Podcaster, Radio Anchor Get clarity and insight into various aspects and common misconceptions about the Catholic faith.

MAIN CLASS
Communication Between Parents & Children
Family & Relationships

Alvin, Aio, Aia Barcelona

Alvin Barcelona: Regional Builder, LOJ Provincial and District Builder, Feast Bay Area District Aio Barcelona: Worship Leader, Feast Worship Aia Barcelona: Student Let's foster understanding and stronger family bonds in this session. Recommended for the whole family!

MAIN CLASS
Creating Healthy Boundaries
Self-Growth

Dr. Michele Alignay, RPsy, RGC

Psychologist and Author In this session, let's discover ways to establish and maintain healthy boundaries in various aspects of life, promoting healthier relationships.

SPECIAL CLASS
How to Manage the Challenges of a Family Business
Business, Career, & Finance

Dean Pax Lapid

CEO of IT-SPAC Mastermind Mentor, Truly Rich Club Learn strategies that ensure success and harmony in navigating the unique challenges with running a family business.

BIBLE LAB
How in the World Can Prayer and Scripture Go Together? (And Should It?)
Understanding Scripture as Worship

Fr. Paolo Asprer SSP, Mike Viñas, Issa Rodriguez, Nico Narvaez

Fr. Paolo Asprer, SSP: St Pauls Creative Director Mike Viñas: Builder, Feast Bellevue PM, Worship Director Issa Rodriguez: Singer-songwriter, Worship leader Nico Narvaez: Content Designer, Small Business Owner Explore the profound connection between Scripture and worship in this session.

Class 3 (3:20pm)

MAIN CLASS
Multiple Income Streams
How I Built Money Machines- And How You Can Too
Business, Career, & Finance

Bo Sanchez

Founder, Truly Rich Club Join this session to explore the art of creating multiple income streams as Bro. Bo himself shares strategies and insights on building financial stability and wealth.

MAIN CLASS
Praying Through the Seasons
Faith & Ministry

Fr. Dennis Sonano

Rector & Parish Priest Immaculate Conception Cathedral of Cubao Discover how prayer can be your steadfast source of strength and how it can accompany you in various life stages and circumstances.

MAIN CLASS
The Sacred Search: Dating and Marriage for Singles
Family & Relationships

Mike & Charmaine Ybiernas

Mike Ybiernas: Builder, Feast Novotel Cubao Charmaine Ybiernas: Entrepreneur, Content Creator If you're a single person discerning married life, this one's for you. Join this session to explore dating and marriage from a sacred perspective.

MAIN CLASS
How to Be More Confident
Self-Growth

Ayn Bernos

Content Creator, Entrepreneur, Podcaster, Beauty Queen, and Magazine Editor Unlock wisdom and tips to enhance your self-assurance and self-esteem.

MAIN CLASS
Age Well: Prepare Your Self to Grow Old Gracefully
Self-Growth

Rissa Singson-Kawpeng

Catholic Influencer and Author Unmask and overcome your fears and uncertainties about aging.

SPECIAL CLASS
How God Answers Prayers When It Seems Like He Doesn't
Faith & Ministry

Fr. Bob McConaghy

Spiritual Director, Feast Bay Area Discover the profound ways in which God answers prayer, even in times when it may seem like He doesn't, gaining faith and insights into the divine's mysterious ways in this session.

BIBLE LAB
What Did John Truly Say?
Bible Study of the Gospel of John

Bene Sanchez

Coffee Nut, Youth Leader, Bible Nerd Explore the Gospel of John and delve into the spiritual and historical context of the scripture. Gain a deep understanding of the Gospel's profound messages, and foster spiritual growth and reflection.

EXPO CLASS
Stories of Passion & Entrepreneurship
Business, Career, & Finance

JC Libiran, Nikki Bautista-Bumatay, Aelwyn De Vera, Chnstian Angeles

JC Libiran: Author, Life Begins TODAY Aelwyn De Vera: Artist/Owner, The Heart Project PH Nikki Bautista-Bumatay: Founder & CEO, YES Land Realty Christian Angeles: Owner, Mavens Collection Hear about the triumphs and challenges of building businesses fueled by personal passions and how you can do the same too.