

## **Sample Event Outline: Emotional Detox & The S.M.I.L.E. Method with Carenda Deonne**

**Theme:** Healing the Heart, Renewing the Mind, Restoring the Soul

**Suggested Timeframe:** 2 to 3 Hours (Can be adjusted based on your schedule)

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### **Welcome & Opening Prayer (10 mins)**

Led by host or ministry leader

### **Worship Moment (Optional - 10 mins)**

A brief time of praise and worship to set the atmosphere

### **Session 1: The Power of Emotional Detox (30 mins)**

- Understanding emotional toxins: stress, trauma, burnout
- Biblical foundation for healing and peace
- Carenda's personal testimony

### **Interactive Moment: 30-Day Emotional Detox Regimen (15 mins)**

- Attendees begin drafting their personal emotional detox plan using a guided worksheet

### **Session 2: Living the S.M.I.L.E. Method (30 mins)**

- Overview of the S.M.I.L.E. acronym
- Practical tools and real-life applications
- Scriptural tie-ins for each letter

### **Breakout Discussion or Q&A (15–20 mins)**

- Small group sharing or open floor Q&A

### **Final Charge & Call to Commitment (10 mins)**

- Encouragement to begin the journey of emotional renewal
- Prayer for healing, peace, and breakthrough

### **Optional Add-Ons:**

- Book Signing Table / Resource Table
  - One-on-one Prayer or Ministering Team Support
  - Follow-up resources emailed to attendees
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### Logistics/Requirements:

- Mic/AV access
  - Space for small groups or breakout chats
  - Table for resources and materials
  - Optional refreshments or light snacks
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For more info or booking:

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