

Doing a 180



Meredith Kendall

Meredith Kendall had the dream life, but God had other plans. He called her away from a successful career to be the Co-Founder of Against the Grain. AtG serves those who are often forgotten; those Jesus would call “the least of these”. As a nationally recognized sales leader, Meredith learned how to build bridges and make connections with the heart of what people need. She uses that same ability to cut through the tough layer we use to protect ourselves and help people understand the root causes of their struggles and find freedom through Christ.

Meredith doesn't have a Doctorate or Masters but has learned to love as Jesus loves through a life of tough experiences. As she has grown with her husband of 27 years, he “always encouraged me to look at a person's potential and not write them off based on appearances”. That advice has shaped the way Meredith does ministry. She looks past what we all can see and connects with the heart.

In January of 2010, as Meredith was approaching eight year of full-time ministry, she was attacked by a gang member. She would learn from police and clients that it as a warning to stop offering freedom to those held in bondage of abuse, addiction and negative cycles. That attack made Meredith even more aware of the awesome calling on her life and how serious it is to be on the front lines for Jesus. After a few months of recovery Meredith was back in the jails knowing that her attacker, who was never caught, may one day walk into her class.

Meredith is the co-author of the 180 Program: New Beginnings Group Study. In this 8 week life transformation study Meredith uses her past experiences to help others find their new future with the loving Lord.

Speaking Topics

Meredith is available to speak to small intimate groups, large groups, conferences, and retreats.

Speaking topics include, but are not limited to:

- Personal stories of victory from a childhood of divorce, an alcoholic parent and abuse to bringing the low self esteem into a marriage
- Marriage Story overcoming affair both on the recipient end and being the offender.
- Getting beyond the attack and back to ministry, a story of P.T.S.D.
 - All of the above
 - Good for any size group
 - 30-60 minutes
 - Also can be designed for weekend seminars
- Dual speaking engagement (with her husband, Rob Kendall) for couples whose marriage is struggling because of an affair.
 - Good for any size group
 - Designed for weekend seminars
- The New Beginnings Group Study (www.the180program.org)
 - Good for any size group
 - Designed for weekend retreat
- Ready...Set...CHANGE
 - Good for any size group
 - 90 minute interactive seminar
- Victim of Targeted Gang Violence
 - Inmates
 - 90 minute interactive seminar

Fees for speaking: Travel expenses, workbook expenses plus love offering.

Contact Information:



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