

Getting it together

Creating healthy reflections from the outside in

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Keynote Presentation

Getting That "Together" Look Clearing Your Image Clutter

Learn how to create an easy, organized "look" that will leave you looking fabulous everyday – and actually save you money!

While everyone has their own definition of beauty, research proves that having a professional image and looking one's best does have a positive impact on success. But how do you find the time (and money) to create that "together" look?

Topics may include:

- Identifying your ideal style.
- How together is your current image?
- The closet clear-out basics.
- Putting your closet to the test.
- The costs of cosmetic clutter.
- Cosmetic basics for looking your best.
- How to stop wasting money on impulse buys that go with nothing else in your cosmetic bag or wardrobe.

★ Learn strategies to quickly and permanently eliminate **stress** and **frustration** in work and personal life

★ Gain **support** and **resources** to balance life and be the best you can be

"Audience interaction was very helpful. It made me feel like I was not the only one with clutter issues."

— Wendy M.
Prince George

"The workshop I attended was so much fun and informative. Rowena, will you move in with me?"

— Vivian B.



Rowena List is a motivational speaker, CD author, writer, trainer and mentor in the fields of personal and business development. A model of success, she has placed in the top fifteen in sales in Canada (out of 32,000 sales associates) with a global cosmetic company for 22 consecutive years. With her new business, *Getting It Together*, within less than a year of getting started, she experienced immediate success including appearing in the local media on Vancouver's Breakfast Television. Rowena attributes her success to her commitment to continuous personal growth, her passion for being organized and her belief in leveraging the power of your external image and environment to build self-worth, create your best self and realize your wildest dreams.

Based on her own personal trade secrets, Rowena provides training, coaching, tools, and support for "creating healthy reflections starting from the outside in". She focuses on "enhancing faces and clearing spaces" to provide the energy, productivity and confidence that are the foundations for her unique approach to "success without struggle".