

# Getting it together

*Creating healthy reflections from the outside in*

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## Keynote Presentation

### *Getting It Together's Superwoman Sanity Savers*

While most women enjoy the rewards of working outside the home, almost every one will tell you that juggling a successful career, managing a home and family and maintaining their health is a constant challenge. This enlightening session provides simple keys for female professionals, single parents, and Supermoms to permanently create more time and energy for the things that matter most.

Topics may include:

- How clutter and disorganization robs your energy.
- How being organized reduces stress.
- How to permanently de-clutter your home or office to make cleaning a breeze.
- The top 12 tips to get and keep your kids organized, save money, and create more quality time with them.
- Creating an easy, organized "look" – wardrobe and makeup tips that save you time and leave you looking fabulous everyday!
- Hired help – tips for when, who and how to hire good help.
- How spending a little can save you a lot.

★ 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

*"This workshop was extremely helpful. Thank you for all of the practical information that I can start using right away."*

— Emily B

*"Rowena is a natural educator, motivator and brings so much fun to her workshops. I would go hear her speak again and again!"*

— Kim 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".