

# Getting it together

*Creating healthy reflections from the outside in*

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## Keynote Presentation

### *Getting It Together For a Healthier Lifestyle*

When people get busy, exercise and healthy eating are all too often the first things to go. As both of these are key sources of energy, finding time to make them a permanent part of your life is essential! If you are feeling bogged down, low energy, and are unable to find time to care for your health it may not be just because you are busy – clutter could be the culprit. This session provides simple ideas to create the time and energy to permanently enhance and maintain your health.

Topics covered may include:

- Assessing the costs of not exercising and eating right.
- Identifying how clutter might be affecting your health.
- Organizing tips to remove the most common exercise resistance factors.
- Clutter versus discipline and how it affects your health.
- Scheduling exercise – finding the flow that will sustain your healthy routine.
- Understanding how clutter can contribute to a “toxic” home or office environment that can cause or aggravate health problems such as allergies and respiratory problems.
- Simple organizing solutions to make healthy eating fast and easy.

★ 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

*“Rowena is so motivational, empowering and inspiring. I would not have wanted to miss it.  
Thank You.”*

— Natalie M.

*“Having just moved to a much smaller place, I now feel like I have the knowledge and tools to start clearing my clutter and to get rid of all the items I do not love, use or need.”*

— Marie P.



**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”.