

Getting it together

Creating healthy reflections from the outside in

Rowena List
604.436.6008

info@gettingittogether.ca
www.gettingittogether.ca

Keynote Presentation

Getting It Together For Success In Your Home Office

This session is packed full of critical organizing and time-saving tips that are essential to presenting a professional image for clients and colleagues who may stop by your home office, as well as to preventing your work from (literally) spilling over into your home and family life. Whether you have your own home-based business, are telecommuting part-time with your corporate job, or just tend to work from home occasionally, having an organized, clutter-free home office will reduce stress and increase success.

Topics may include:

- How to permanently eliminate clutter from your home office.
- How to increase efficiency and enhance the flow of your paperwork.
- Strategies to find anything you need in 20 seconds or less.
- What does your briefcase say about you?
- Taming the paper mountain – simple rules for what to keep and what to toss.
- 15 minutes to freedom – a daily ritual for staying on top of your clutter.

★ 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”.