

## Rowena List Detailed Biography



**Rowena List** is an in-demand image organizer, speaker, CD author, writer, trainer and mentor for individuals and organizations alike. Inspiring by “enhancing faces and clearing spaces,” her contagious passion and no-nonsense demeanor has led to numerous media appearances, including: **City TV’s Breakfast TV** and **The Fanny Kiefer Show** as well as articles in the **Vancouver Sun**, **The Province**, **The Vancouver View Magazine**, **BC Business Magazine** and **The Burnaby News Leader**. Recently, Rowena was also featured in the April 2009 issue of **More Magazine**.

Anyone who knows Rowena is inspired first and foremost by how she walks her talk. Her own career path is a testament to this. In grade eight, after fulfilling a work experience requirement at a retail cosmetic store, her enthusiasm and professionalism led to a part-time position while finishing school and a full-time position upon graduating. Quickly progressing to become the youngest manager in North America, it was only natural that the company soon asked her to buy her own franchise.

As luck would have it, she simultaneously was introduced to a global cosmetics company. True to her passion for simplicity, Rowena weighed a \$50,000 investment in a franchise that promised 5 years to turn a profit, against a \$100 investment where she would begin making a profit in a few months and quickly chose the latter.

Within her first year, operating out of her bedroom while still living at home, Rowena achieved the highest sales in the Vancouver region. By her second year she had reached the top 10 in Canada out of over 12,000 representatives and continued to place in the top fifteen in sales in Canada (out of 32,000 sales associates) for over 22 years.

In 2005, to further focus on her passions, Rowena created her own personal brand by launching **Getting It Together** – a business focused on empowering people to live their best life by *creating healthy reflections from the outside in*. While the typical inside-out approach to personal and professional improvement has been proven effective, Rowena believes that externals, such as image and environment, have a significant (and often more immediate) impact on confidence, success, happiness, health and quality of life. As a professional organizer and coach, Rowena applies this outside-in approach to jump-start those she works with by helping them achieve quick and tangible successes. These early and easy wins build self-esteem and pave the way for deeper transformation.



Creating healthy reflections from the outside in

## Past Speaking Engagements

- June 2009** (Vancouver, BC) UBC Lunch and Learn - Getting Your Office Together
- May 2009** (Vancouver, BC) West Vancouver Women's Network  
(Whistler, BC) 6th Annual Every Woman in the World Conference
- April 2009** (Los Angeles, CA) DSWA annual conference - The Cost of Clutter presented to women in Direct Sales.  
(Richmond, BC) Canadian Mental Health Association
- February 2009** (Vancouver, BC) UBC - Getting Your Office Together lunch and learn.
- January 2009** (Surrey, BC) Surrey Twins Club - Getting Your Kids Together
- October 2008** (Vancouver, BC) UBC Health Symposium - Getting It Together for a Healthier Lifestyle  
(Vancouver, BC) UFV Fundamental of Getting It Together - 2 hour workshop to staff and faculty.  
(Vancouver, BC) [Everywoman.com](http://Everywoman.com) - Clearing the Clutter.
- September 2008** (North Vancouver, BC) [Momcafe.net](http://Momcafe.net) - Having and Getting More Time. Top 15 Tips on Getting It Together
- July 2008** (Vancouver, BC) UBC - Clearing the Clutter lunch and learn  
(Vancouver, BC) UBC - Professional Writers of BC - Getting Your Paper Together
- May 2008** (Coquitlam, BC) MaryKay Cosmetics - Getting your Office Together  
(Whistler, BC) Everywomanintheworld.com - *Rowena speaks annually at this high energy weekend filled with speakers and healthy activities like yoga, hiking etc. For more details please view [www.everywomanintheworld.com](http://www.everywomanintheworld.com)*
- May 2007** (Port Moody, BC) Aspenwood School - Getting Your Kids Together. Presented to the PAC.
- October 2006** (Vancouver, BC) CDHBC - full day workshop on the fundamentals of Getting it Together.



*Creating healthy reflections from the outside in*

**2005 Speaking**

**(Vancouver, BC)** Chapters Book Store. CD signing and speaking

**(Vancouver, BC)** Vancouver Twins Club - Getting Your Kids Together

**(Delta, BC)** Moments for Moms Group

**2004 Speaking**

**(Vancouver, BC)** Neptune Foods - Getting It Together in the Work Place

**(Prince George, BC)** Northern Dental Group - All day workshop on the Fundamentals of Getting It Together.

To book Rowena or for more information, email: [info@gettingittogether.ca](mailto:info@gettingittogether.ca).