

Getting it together

Creating healthy reflections from the outside in

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Keynote Presentation

Fundamentals of Getting It Together

This session provide participants with a critical understanding of what clutter is, and how it negatively impacts health, self-esteem, productivity and success. It also offers hands-on tips to get started clearing the clutter right away.

Topics may include:

- A definition of clutter
- How clutter impacts self-worth, success and health
- The 4 sources of clutter in our lives and work
- The 4 simple rules for keeping your life clutter free
- The 10 basic laws of stuff
- Endless tips for clearing the clutter and permanently reducing stress, enhancing well-being and creating more time and money to do what you love.
- Collections vs. clutter – how to know the difference
- Assessing what your clutter is costing you in time and money.

Fully customized to your conference or organization.

★ 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

"Hearing Rowena speak inspired me to take action on some longstanding clutter at home and at work. My productivity and peace of mind took an immediate quantum leap!"

— Andrea J.

"I am constantly strategizing about how to make things more simple and yet organized. I have found your workshop extremely useful."

— Maureen L.



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".