

# Getting it together

*Creating healthy reflections from the outside in*

**Rowena List**

**604.436.6008**

**info@gettingittogether.ca**

**www.gettingittogether.ca**

★ Have more **TIME MONEY & ENERGY** for the things that really count!

## Keynote Presentations

Fundamentals of Getting It Together

Getting That "Together" Look:

Clearing Your Image Clutter

Getting It Together's Superwoman Sanity Savers

Getting It Together for Healthy Transitions

Getting It Together for a Healthier Lifestyle

Getting It Together for Success in Your Home Office

Clearing the Clutter Home Parties

*Customized for your conference or organization*

## One-on-One

Getting That "Together" Look

Taking Control of Your Home and Simplifying Your Life

Making a Fresh Start

★ 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.

*"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".