

## How to have a long weekend every day!

## Testimonials:

“Thank you so much for your presentation at our Businesswomen’s Breakfast at the Grand Hyatt in Melbourne this morning.

Your presentation hit the mark with our guests! Feedback has been extremely positive and you managed to enthrall our audience and provide lots of food for thought!

It is always a challenge to find a speaker for these breakfasts who can not only speak well, but also appeal to a wide range of job titles, ages, industries and business attitudes. You not only provided information that appealed to all criteria but you delivered this with passion, expertise and humour and provided valuable information that guests could immediately apply to their lives and those of their staff and family.

I can only say, as the organiser, that it is an absolute pleasure to deal with you – you are both organised and committed to the project – both traits greatly appreciated! I look forward to staying in touch. You are professional, friendly and a delight to work with!

I look forward to future meetings with anticipation.”

**Kim McGuinness, Managing Director – Network Central**

“Marie’s seminar focussed on commonsense approach to finding the time to improve everyday life through reinstating a sense of joy and an awareness of one’s own needs. It served as an always timely reminder of what things should take priority in our thoughts and daily activities.

Marie was also very professional, communicative and easy to deal with in the leap-up to The sessions. Her insightful questions and interest in the requirements of the group meant that the session was pitched perfectly. I highly recommend Marie as a speaker and I personally look forward to working with her again in the future.”

**Leon Clarke, Events Executive, CPA Australia**

### **Here are just some of the many positive comments from past participants:**

“Inspirational! A great reminder just to take time out for myself and, more importantly, just to take time to be silent each day to clear my head.”

“Great presentation with lots of valuable ideas to balance life and work”

“Refreshing – reality check! Beautiful presence!”

“Your presentation was given in a very friendly and approachable manner, and you were able to tune in to the carers situations. You prompted those in attendance to think of their own needs and gave the message that whatever our circumstances, everyone deserves the right to some quality of life. The fact that you also shared some of your personal experience of the caring role, helped provide a connection with the carers. I think it was also particularly helpful that you encouraged interaction between the carers and that they were able to share their ideas with each other.

Personally, I have appreciated the friendly and easy way that we have been able to conduct our business with each other. Communication between us has (from my perspective) been very clear and efficient. It has been useful also to be able to contact you in different ways thanks to the modern technology of email.”

**Lorraine Baker, REACH Respite Coordinator, Sandybeach Centre**

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“What a high note to finish the year on. Marie’s presentation style got everyone participating and thinking within the first 5 minutes about how to achieve time out for ourselves and others. Her presentation handouts allow us to discover how to achieve and get our personal needs met. Marie has a unique way of sharing experiences with her audience.”

**Beverley Lindstrum, Director, Linkform Services**

“Thank you for your presentation to our breakfast meeting this morning. It is wonderful to pick up new ideas and suggestions every time we meet without to make our lives more rewarding. I have included some comments below from the staff that attended:

- I thought Marie was very good, I guess we all do need to look after ourselves a bit. I have already received an email from her with suggestions, and will place these on my fridge as a reminder. She is a lovely person, her attitude alone makes one feel cheerful!
- Marie reinforced a lot of messages that I had heard before from attending various lectures and even from watching television programs. Sometimes you tend to forget these messages and it was good to hear them again.
- I thought Marie’s idea’s were good and she actually gets you thinking about to rearrange things in your home/work life.

Once again, thank you for your time and your inspiration.”

**Leanne Marran, Human Resources Manager, Australian Motoring Services**



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