

TRAINING, EMPLOYMENT & LIFESTYLE EXPO

THE **CHEFS toolbox**
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NEW OPPORTUNITIES FOR WOMEN - SATURDAY 7 MARCH, 2009 | 8.30am - 4pm | Gold Coast Arts Centre, Bundall
Your \$10 Entry ticket includes all training sessions - **For Bookings Ph: 5561 1477 or Email: iwd2009@bigpond.com**

→ PANORAMA ROOM

JULIE DAVIS
9.15am - 10am

DESIGN YOUR IMAGE Are you projecting the right image to get everything you want? You are your own visual résumé and need to present yourself in an impeccable manner. Your image will either attract people and/or employers towards or away from you. It is proven well presented people earn 20% more than those less concerned about their image. The Image Designer will show you how to turn heads.
Enter the draw for a \$1,800 image makeover drawn Centre Stage 3:15pm.

JACKIE HENDY & KELLY LOWRY
10.15am - 11am

GLOBALLOVE.COM PRESENTS 'LOVEOLOGY' All the "Ologies of Love" with GlobalLove.com founders Kelly Lowry and Jackie Hendy. An interactive fun exploration into life, love and successful personal and professional relationships with Jackie, Kelly and other experts covering a range of topics from astrology, personality profiling, metaphysics, psychology and other schools of thought to look at a variety of ways to gain insight into yourself when it comes to romance, relationships and success.

CHRIS VIDAL
Retreat Advisor Manager
11.15am - 12noon

THE GWINGANNA EXPERIENCE This very special hinterland retreat attracts interesting people and changes guests' outlook on life. Chris will talk on what to expect when you book in for a retreat program, how guests have benefited and how for some, after years of conventional medicine, they discover the simplicity of Gwinganna's philosophy is so valuable. This unique insight will answer your questions and inspire you toward optimal wellness. **Don't forget to enter the draw for a life changing weekend at Gwinganna. Drawn Centre stage 3:15pm.**

THE LOTUS INSTITUTE
12.30pm - 1.15pm

BEAUTIFUL SKIN IS EVERYONE'S DREAM At the Lotus Institute we have the affordable Secret. Have you got a cupboard full of skincare products? Are you sure they are just right for your skin? On a daily basis skin care product advertising claims amazing results and we keep buying – sound familiar? Learn how through correct skin analysis you can achieve realistic and achievable rejuvenation and skin care results? **All attendees receive a special Lotus Institute offer and don't forget to enter the draw for a \$500 Lotus Institute Gift Basket - drawn Centre Stage 3:15pm.**

NICOLE VLUG
1.30pm - 2.15pm

GET BACK TO HAPPY - ARE YOU READY? Nicole Vlug an advanced MEM practitioner and trainer asks the key question - are you happy? Nicole will give you simple answers and solutions to the many questions you may ask yourself such as when did my happiness go, where did it go, when will it come back and why can't I be happy forever? Discover the reasons and the solutions in clear and simple terms.

JACKI HENDY & KELLY LOWRY
2.15pm - 3pm

ONLINE DATING FOR THE MODERN WOMEN - FACT OR FICTION? A group discussion with GlobalLove.com founders Jacki Hendy and Kelly Lowry based on research and experience outlining the pros and cons of Online Dating for the modern working woman and single mother. Gain insight into how online dating works and how you can use it to your advantage. We will explore what to look out for, offer tips, evaluate the services, safety and value of this global phenomenon that is now not only socially acceptable but a convenient and cost effective way to potentially meet the man of your dreams.

→ CLUB ROOM

SANDRA COOMBS
MBA, ADFS (FP) SA Fin.
9.15am - 10am

LET'S MAKE SURE YOU ARE COVERED FOR LIFE The Choice is yours? No more than in 2009 are we seeing economic changes that can and do effect our own personal life, the way we live, the way we spend and how we plan and protect our financial future is all up to the right choices and right information. Sandra Coombs an enlightening and informative speaker, will present options to prepare you for a fantastic financial future.

DANIELLE JEPSON
10.15am - 11am

PROTECT YOUR BEST ASSETS This seminar will introduce you to the importance and value of Intellectual Property Best Practice, including: "The 7 Intellectual Property Rights Explained" and the IP Wealth 5 Intellectual Property Tactics for Effective Management.

WILSON HTM INVESTMENT GROUP
11.15am - 12noon

THE SHARE MARKET - IS IT STILL A SAFE INVESTMENT OPTION? We have heard it all in the media but do we really understand what has happened and whether there is an opportunity to invest our hard earned money in the share market? Is it the right time to buy blue chip shares? Hear it from the experts not the journalists, as financial market recovery may be just the opportunity you need to build wealth.

**MADONNA WILLIAMS
GAEL COCCETTI & ASHE CLAYTON**
12.30pm - 1.15pm

STAND TALL AND SIT RIGHT Williams talent discovers, nurtures and represents creative talents such as actors, presenters, speakers and models for major film, television, advertising, fashion and media opportunities. Madonna & Gael will present some success strategies for what it takes to "make it" in the cut throat world of film and television. WT's Model and Creative division knows the importance of deportment, styling and social etiquette and today their academy head teacher, Georgie Denahy (former Miss Universe Australia) will present useful tips to make you look and feel confident in any situation

LYN COLLETT
1.30pm - 2.15pm

BODY IMAGE LIFE SKILL TRAINING The Value of your True Values: "Have you found the perfect mate and spent the rest of your life trying to change them". By understanding your true values this will give an insight into how your brain works and how this drives your attitudes and behaviour