

Women's Networking Series

PRESENTED BY QUEENWOOD OLD GIRLS ASSOCIATION

WORKSHOPS FOR WOMEN IN ALL WALKS OF LIFE GET TIPS FROM THE PROFESSIONALS

One of the aims of Queenwood Old Girls Association is to provide a network that we can all tap into for help in all aspects of life. In these fantastic workshops you will hear from 4 dynamic speakers who have changed women's lives through their work plus you will have the opportunity to network with your peers.

Who should attend?

Because the workshops are so varied they are suitable for everyone. If you are just joining the workforce, returning to work, retired, self employed and already in your dream job—we have something for everyone.

Why not attend both and save \$20

Don't Just Stand There...STAND OUT

Techniques for Success By Candy Tymson

A proven workshop to increase negotiation, presentation, communication and self-promotion skills.



Empowering Women In Business

Increase Skills & Networks By Suzi Dafnis

This motivating workshop will cover all aspects of becoming a successful woman in business.



JOIN CANDY AND SUZI FOR AN INFORMATION FILLED EVENING AND A CHANCE TO NETWORK WITH YOUR PEERS.

Date: Tues 9th September 2008

Time: 6pm—9pm

Location: Queenwood Senior School Level 5

Cost—\$60

Wardrobe For Life

Dress for Success By Annalisa Armitage

Learn that looking great does not rely on youth, a great body or a large bank account.



Alive and Kicking!

Anti Ageing Secrets By Carol O'Halloran

This workshop includes the secrets of energy and vitality, health, fitness, weight loss and ageing.



JOIN ANNALISA AND CAROL FOR AN EVENING FILLED WITH SECRETS THAT WILL MAKE YOU FEEL AND LOOK FANTASTIC.

Date: Tues 25th November 2008

Time: 6pm—9pm

Location: Queenwood Senior School Level 5

Cost - \$60

Contact Queenwood Old Girls Association for further details
Phone : 02 8968 7721 Email: oldgirls@queenwood.nsw.edu.au

SPEAKER PROFILE

Don't Just Stand There... STAND OUT *By Candy Tymson*

This workshop is designed to give you the tools and techniques to be more successful in your everyday environment. Candy's session will give you the tools to STAND OUT and the skills to build rapport and motivate your team. Learn from one of the best in the business!

An outstanding role model who has inspired thousands of women, Candy is an internationally accredited professional speaker and business coach. Author of *Gender Games: Doing Business With the Opposite Sex* and Co-Author of the Australian & NZ Public Relations Manual university textbook, she is a Fellow of both Public Relations and Marketing Institutes of Australia. This workshop will help you increase negotiation, presentation, communication and self promotion skills.

If you are a woman in business, or wanting to re-enter the workforce after a break, you may be looking for some support in how to promote yourself and get ahead in business - particularly if you are operating in an industry that is predominately male dominated. Candy's workshop is perfect for you. It's Candy's goal to help women stand out in business for all the right reasons!

Empowering Women In Business *By Suzi Dafnis*

Suzi will cover how the biggest stand out qualities of successful women, is their ability to "THINK DIFFERENTLY". She will show you how self-development will assist you achieve your goals. This powerful workshop should not be missed. Suzi Dafnis is an entrepreneur. In 1994 she and her partner created Pow Wow Events, a seminar company that went on to produce over 400 events and to serve over 250,000 Australians and New Zealanders. She also started a boutique publishing company, which, over 10 years, sold more than 1.2 million books (including the long-time bestseller, *Rich Dad Poor Dad*). Suzi has also invested in a number of start-ups, a passion that was very much in line with her decision to be on the judging panel of Channel 7's business TV show "The Dragons' Den" in 2005. Since 1995 she has also headed up the Australian Businesswomen's Network, which supports thousands of women business-owners to increase their skills and their networks.

Achievements— finalist in the 2001 Telstra Business Women's Awards, National General Manager - Australian Businesswomen's Network, 2003 a finalist in the Ernst & Young Entrepreneur Of The Year, appeared in the BRW Young Rich List in 2003, 2004, 2005 and 2006, profiled amongst the country's great talents in business and entertainment.

Alive & Kicking! *By Carol O Halloran*

Be entertained about the ageing process. Learn how daily actions impact long-term functioning. A fun and thought-provoking presentation. Carol is a fitness advocate, author of 'Alive & Kicking', 'Five Minute Fitness' and producer of 'Slender Secrets' exercise videos & home weight loss program.

Carol O'Halloran is a fitness pioneer who has brought fitness to the everyday lives of Australians and New Zealanders. She produced a 'gold' exercise record which was top of the charts for six weeks. Also: host of a TV infomercial called 'Journey to Longevity'. Her passion for fitness has resulted in training hundreds of fitness instructors all over the world. She has taught thousands of people face to face. In Australia, Carol worked extensively as a health and fitness consultant for various government bodies and is a well known TV presenter for home fitness products. She designed and implemented a 'Fresh Start to Life' franchise program as part of the *Life Be In It* campaign. She was an executive member for the NSW Fitness Industry Association for several years. As a 'silver fox' Carol still keeps active with running, swimming, cycling and weights.

Wardrobe For Life *By Annalisa Armitage*

This workshop will give you the knowledge and application of proven line, design and illusion principles, effective shopping techniques and a little fashion insight! Every women should attend this workshop!

Annalisa's international experience, her understanding of the corporate environment and her background in training and coaching makes her the perfect choice to assist individuals and corporations achieve their image goals. Her decision to start 'My Image Consultant' was driven by her desire to help people achieve their potential, together with her love of colour and style. She is the current 'chair' for the Sydney networking group of the Association of Image Consultants International (AICI) and she is secretary for the Australian chapter of the AICI.

This workshop will help you dress for success and develop your own personal style. Your style is as individual as you are and through wearing the right colours and styles Annalisa can help you become more. Wear clothes that are appropriate and that support the achievement of your goals. Plus, be up to date but not a slave to short term fashion fads.

BE THE BEST YOU CAN BE!

**Cost: \$60 per person per workshop—Includes drinks & canapés
Book both workshops and get the second for \$40. SAVE \$20**

Special price for group bookings - \$50 pp (5 or more people, booking must be paid in full)

**Contact: Queenwood Old Girls Association—02 8968 7721 or
Email: oldgirls@queenwood.nsw.edu.au**