



*Finds the Missing PEACE*

### **BENEFITS**

- ✓ Reduce Stress
- ✓ Gain Direction
- ✓ Initiative
- ✓ Clarity & Focus
- ✓ Productivity
- ✓ Success
- ✓ Happiness

# HOW TO BE SUCCESSFUL & HAPPY AND AT THE SAME TIME SAVE THE PLANET!

To be successful, we need to be productive, but the question is, how to be productive without the stress?

The answer is **Self Management**.

**Self Management presents a technique of action that results in a winning combination of success and happiness.**

Not only will you gain success and happiness, you will walk away with the ultimate satisfaction of benefiting others and the planet.



## CHANGE THE WORLD WITH EVERY THOUGHT, EMOTION & ACTION!



### **MEREDITH FORDER**

is a **Self Management Mentor, Speaker and Philosopher**. With 18 years research, backing 12 years teaching experience, Meredith inspires people to live their best life. Innovative and revolutionary are words used to describe Meredith's method of teaching. She delivers profound and precise facts and offers a refreshing perspective on how to overcome worry, anxiety, stress, harmful emotions and negative thinking.

### **TESTIMONIALS**

*"An hour simply isn't long enough when it comes to subject matter like this. Self Management strikes a real chord with me and it's something I could engage in extensively."* Bradley Hosking

*"Meredith, I can't tell you how amazing I am feeling, thinking and living at the moment! This would not be possible, if it wasn't for you and the knowledge you share; so thank you."* Jasmin Dillon

*"Meredith's seminar is informative, enlightening and very thought provoking. There is more to life and a most interesting journey lies ahead. Thank you."* Liam Flanagan

### **WHERE AND WHEN**

**Tuesday 10 Aug - PAWS**, 120 Beaufort Street, Perth  
(Corner Aberdeen & Beaufort - Parking Behind PAWS)

**Tuesday 17 Aug - Vivacious Living Centre**  
9A Riseley Square, 9 Riseley Street, Applecross  
(Corner Riseley & Canning - Behind Post Office)

**Wednesday 25 Aug - Wanneroo Cultural Centre**,  
23 Dundobar Road, Wanneroo  
(Corner Dundobar & Rocca - Parking in Rocca Way)

### **ALL SEMINARS**

**6.30pm start - 8pm**

Includes Q&A

**PLEASE ARRIVE BY 6.15PM**

### **INVESTMENT**

**Pre-Pay** (Direct Deposit)  
\$29 single or \$49/couple  
\$20 Concession

**At the Door**  
\$35 single or \$59/couple  
\$25 Concession

### **LIMITED SEATS**

TO AVOID DISAPPOINTMENT

**PRE-PAY AND SAVE**



***"Change your thinking, change your attitude, change your life."***

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