



INTRODUCING...

SARAH LAURIE



Sarah Laurie is an acclaimed writer, author, lifestyle coach, workshop facilitator and corporate speaker. Her Next Magazine Change Your Life Series has transformed the lives of many New Zealander's and now you too can experience her magic.

Please take the time to view this brochure and discover how Sarah can help you and your company reach new heights!



KEYNOTE SPEAKER



BIOGRAPHY...

Sarah Laurie is a lifestyle coach who works with clients to create lives they love!

After graduating from Otago University with a degree in marketing, Sarah began her career in television advertising, which spanned almost 10 years. Working with blue chip accounts such as Coca Cola, L'Oreal, Johnson & Johnson and Heinz Wattie, Sarah has hands on experience with the pressures and rewards associated with the corporate way of life. Coupled with raising her children and then setting up her own business, lifestyle balance has been a key feature in Sarah's lifestyle plan.

When Sarah decided to start her own business, she trained at the internationally renowned Coach University based in the USA. Through her business, Sarah Laurie Lifestyles, Sarah provides personal coaching, and corporate and public workshops which enable people to define their true success and create a framework for living it.

More recently, Sarah has designed the transformational Beautiful Living Programme. Unlike anything previously written, the framework for The Beautiful Living Programme has been carefully designed to ensure outstanding results. Sarah demonstrates how to integrate the 12 Fundamental Principles from her programme to achieve personal and professional success.

This programme was featured in Next magazine as a 12 months series and the feedback from readers was phenomenal. Sarah continues to write for Next, providing readers with practical and inspiring resources to create their very own Lifestyle Toolbox. She has a new series in Your Home & Garden magazine; Blissful Living. Her first book - Change Your Life; 12 principles for beautiful living was launched in April 2009.



Sarah has previously spoken for companies such as:

Clarins
Fletcher challenge
Fuji Xerox
Wise Management Services
BDM Grange
ACP Media
Next Magazine Nationwide Roadshow
A variety of Women in Business Conferences





SPEAKING TOPICS AND STYLE...

Sarah's Style

Sarah Laurie is described by Vanessa Davey of the Her Business networks as “Born to be in front of a room of people”! Sarah has a style that is energising, engaging and totally inspiring. Her self-effacing insights, coupled with her warmth and total belief that we are all capable of great things ensures that those listening to her soak up her words and leave the room ready to take complete control of their success.

Sarah has five main speaking topics that she can adjust to suit any business:

1

PREPARE FOR SUCCESS

Many of us have our sights set on success. Invariably we overlook the fundamentals of the process and our success remains elusive or unsustainable. This seminar provides you with unique and practical resources to ensure your long term success and indeed your everyday living is beautiful!

2

VISIONARY LIVING

Inspiration, focus and a succinct plan are prerequisites to visionary living. This seminar provides you with four key development areas that provide a framework for building your professional and personal vision.

3

FUNDAMENTALS OF A BALANCED LIFESTYLE

You are only as successful as your weakest point. With a myriad of responsibilities most women are juggling, careers, families, homes and last but not least our sanity. This seminar provides simple, practical tools that will bring calm to your living – it may well be high speed calm, however calm none the less!

4

LIVING YOUR VALUES

“When who you are aligns with what you do life becomes extraordinary”
This seminar introduces the importance of living a life that aligns with your values. Less than 5% of us know our true values, and we wonder why we feel discontent. We learn our values and create a framework to introduce them to your lifestyle.

5

THE BEAUTIFUL LIVING PROGRAMME

This is Sarah Laurie's signature series and includes The 12 Fundamental Principles for Beautiful Living. Developed on the premise that achieving our goals alone will not bring us happiness or contentment this programme combines 12 primary principles. The principles are a unique blend of introspection, practicality and visionary thinking that lead to your ultimate success and a content, complete lifestyle. This programme includes full materials, and a comprehensive workbook.



TESTIMONIALS...

“Sarah presented at a breakfast to launch our new look Next magazine, which she is joining as a regular columnist from November. Her warm, relaxed and approachable style was a great success with our audience – many of whom commented the event was the best they had ever been to. She’s the kind of speaker who engages with and energizes everyone around her”.

Debra Millar
Group Publisher – ACP Magazines

“Sarah Laurie has been involved with our business since the beginning of 2008, where she presented at our staff conference. We went on to invite Sarah to run a workshop for our nationwide team of Clarins representatives. More recently, our Clarins brand has partnered with Sarah and the Beautiful Living programme, in support of her vision to inspire women nationally, to design and create a life they love. We are delighted to be working with Sarah. She presents as an expert in her field and the women of NZ are lining up to learn from her inspiring and practical words of wisdom”.

Melinda Jones
Corporate Public Relations – BDM Grange

“Hi Sarah. Thanks so much for helping make the Next Life Seminars such a success. Your words of inspiration and encouragement have paid off for the hundreds of women who heard you speak ... The words “beautiful life” will forever remind me of our Road trip and the fun we had on it! By the way my friend at Tourism wants us to include Queenstown in our tour next year”.

Brenda Ward
Editor Next Magazine

*“Nothing changes if nothing changes – claim your
beautiful life today!”*



CORPORATE RATES...

If you are a charitable or not for profit organisation please enquire for special rates.

1

PRESENTATION

90 minute presentation
\$1500

2

HALF DAY WORKSHOP

Including all materials
\$1950

3

FULL DAY WORKSHOP

Including all materials plus a comprehensive workbook
\$3000

Please feel free to contact Sarah with any questions.

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