

INTRODUCTION

for LISA RICKWOOD



How many of you feel overwhelmed with the size of your to-do list and would love to get more done with less stress? How about a lot less stress?

Your speaker today, Lisa Rickwood, is going to share some of her proven strategies for creating a business that also allows you to have a life.

Lisa knows all about stress when she and her husband took over a 42 year-old high-end menswear store during a recession and the business was 100 percent financed. If this wasn't enough, their new employee died of a heart attack right in their store.

This incident sparked Lisa to write a book for other busy and stressed business owners called: ***Escape the Pace: 100 Fun and Easy Ways to Slow Down and Enjoy Your Life.*** The book has a strong following. She is also the co-author of the book, ***Power and Soul: 42***

Successful Entrepreneurs Share Their Secrets for Creating the Business and Life of Their Dreams.

Owning a business usually involves an endless to-do list and minimal time. Lisa shows you how to make the most of every minute, eliminate the stress and overwhelm and have that life and business you desire.

(Lisa practices 'escaping the pace' on beautiful Vancouver Island with her family...Pause)

Lisa has worked with people around the world, and has been featured in ***Woman's World, Mom Writers Literary Magazine, Breakfast Television***, and numerous newspapers and magazines as well as radio stations as far away as New Zealand. She is a regular contributor to magazines and online sites.

Please help me welcome, Lisa Rickwood!