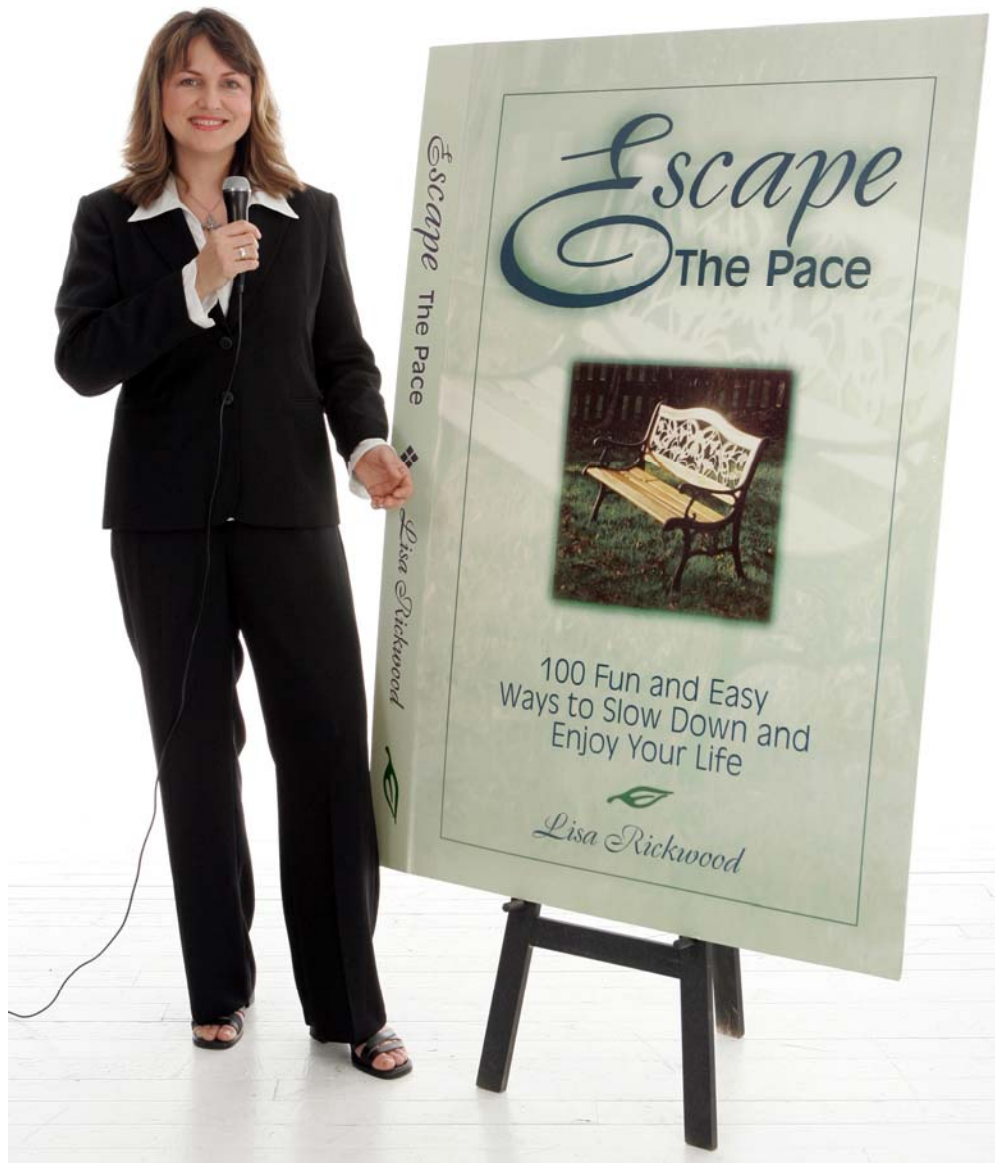


LISA RICKWOOD'S SPEAKER KIT



ABOUT LISA RICKWOOD



After an employee passed away from a heart attack at her store, Lisa decided life was too short and it was time to calm down and enjoy every day.

Lisa Rickwood is a business owner, coach, visual artist, wife, mother and the author of, [Escape the Pace: 100 Fun and Easy Ways to Slow Down and Enjoy Your Life](#).

She is also the co-author of: [Power & Soul: 42 Successful Entrepreneurs Share Their Secrets for Creating the Business and Life of Their Dreams](#).

She's appeared in numerous newspapers across North America, was interviewed by U.S. magazine, ***First For Women***, and is a regular contributor to ***Woman's World*** magazine. She also writes for North American publications and on-line magazines such as Mom Writer's Literary Magazine.

Lisa has appeared on television, including ***City TV*** in Vancouver and she has done radio interviews as far away as ***Auckland, New Zealand***. As well, Lisa

has appeared in best-selling books, including ***Big Ideas for Small Business*** by best-selling author, Frances McGuckin.

Lisa is described as a humorous speaker with an original, down-to-earth, relaxed and funny style. She's spoken at colleges, large health expos, business networks, Chamber of Commerce and numerous trade shows.

Lisa loves escaping Vancouver Island with her family. She also enjoys yoga, lifting weights, biking, hiking, kayaking, singing, playing guitar, outdoor sports and inspiring people.

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!

PRE-EVENT QUESTIONNAIRE

for LISA RICKWOOD



This Pre-Program Questionnaire will enable Lisa Rickwood to fine-tune her presentation to suit the exact needs of your group. Copy and paste in Word file.

Best time for Lisa Rickwood or Representative to reach you: (Lisa's in Pacific Time)

I. YOUR PROGRAM

1. What is the meeting theme?
2. What is the specific purpose of this meeting?
3. What type of meeting is it? (Annual meeting, awards ceremony, sales kick-off, etc.)
4. Who (if anyone) is on the program just before Lisa and what is their presentation topic?
5. Who (if anyone) is on the program right after Lisa and what is their presentation topic?
6. Which company executives and/or industry experts will be speaking at this meeting?

II. THE PRESENTATION

1. What is Ms. Rickwood's role in your program (opening/closing, keynote, breakout, etc.)?
2. What are the exact times for Lisa's presentation?
Start Time: _____ End Time: _____
3. How will most of the audience be dressed?
4. How will the executives be dressed?
6. Who will be introducing Lisa to your group?
7. What is most important to you concerning the content of Lisa's program?
(ex. use of examples, exercises, handouts, etc.)

III. THE AUDIENCE

1. Number in the audience: _____ Are spouses invited? _____
2. Male/Female Percentage: M _____ F _____
3. Average age of attendees? _____

IV. LOGISTICAL INFORMATION

1. Hotel Name & Address

Phone:
Fax:
2. Hotel Confirmation Number:
3. Name of meeting room:
4. Into what airport should we schedule Lisa's flight?
5. How far is the hotel from the airport?

6. How should Lisa travel to the hotel? (take cab, rent car, driver will pick up, etc.)?

7. Would you like Lisa to notify someone after she arrives at the hotel?

If so, whom shall she contact:

8. Contact at meeting site:

Name:

Title:

Phone:

9. Are there any pre-meeting engagements (i.e. breakfast or lunch)?

If so, where and when are they scheduled:

10. Do you have any questions about Lisa's program?

Please copy and paste this questionnaire into your word processing program.

ROOM SET-UP REQUIREMENTS

for LISA RICKWOOD



The following items are required for Lisa Rickwood's presentation:

1. Cordless lavalier microphone
2. Sound system with CD capability
3. Raised platform for the presentation area
4. Client will use the introduction provided by Lisa
5. Some presentations require a projector and a screen. Lisa will confirm this during the initial client briefing.
6. A table may be set up for book/product sales after the event. This will be discussed with client prior to presentation. If the table is necessary, the set up is as follows: 8-foot skirted table or two 6-foot skirted tables inside or outside the event room.

BOOKS:

Lisa's books, ***Escape The Pace: 100 Fun and Easy Ways to Slow Down and Enjoy Your Life***, and ***Power and Soul: 42 Successful Entrepreneurs Share Their Secrets to Having the Business and Life of Your Dreams***, will be available for purchase by participants before/after the event.

In addition, the client may wish to purchase copies of *Escape the Pace* and/or *Power and Soul* for participants at discounted rates. Books must be ordered three weeks prior to the event in order to guarantee availability.

Recording: No video recorders or audio may be used without the expressed written permission of Lisa Rickwood.

TRAVEL ARRANGEMENTS

for LISA RICKWOOD



Car Service: The client will provide and schedule car service for all ground transportation. This includes service to and from the airport in the destination city as well as transfers to and from the hotel if necessary.

Hotel: The client will provide and book a non-smoking room at a three-star or above hotel either on-site or within 5 miles/(8 kilometers) of the venue.

Air: Lisa will book and bill the client for air transportation. Air will be coach on non-stop flights where available; if there is a business class fare comparable to coach fares, then business class may be booked. Every effort will be made to book the most economical airfare for clients.

Meals: Lisa will pay for meal charges incurred with regards to event travel.

Special Note: Travel expenses are in addition to the program fee.

FEE SCHEDULE

for LISA RICKWOOD



Keynote Address - United States & Canada..... \$ 5,000 CDN * #
Seminar – United States & Canada.....\$ 6,500 CDN * #

Keynote Address - International.....\$10,000 CDN * #

* This speaking fee does not include airfare, hotel or car rental. Additional expenses are Lisa's responsibility.

*Additional savings are available if pre-pay option is selected.

Lisa Rickwood will make every effort to be accommodating and work within meeting planners' speaking budgets.

Lisa books her engagements 3-12 months in advance and also offers volume discounts on her book, ***Escape the Pace***.

To get a price quote, please call (250) 741-7511
Or send RFQ email to info@escapethepace.com.

Special Note: Travel expenses are in addition to the program fee.

BOOKS:

Escape the Pace: 100 Fun and Easy Ways to Slow Down and Enjoy Your Life: \$21.95

Prices are retail. Wholesale quantity discounts are available for books pre-ordered for meeting guests. Clients are encouraged to purchase the books to present to meeting attendees. Please order books at least three weeks in advance to guarantee availability. Contact us at: info@escapethepace.com to arrange for your book order.

