

### ***Business & Life Mastery Event – By Saalihah Seedat***

Lyndsey Baigent (founder of Essentially for Women/Guest speaker at Pink Ribbon Pamper Brunch 2008) hosted the Business & Life Mastery event for women on 11 and 12 November. Over 200 women attended the Shangri-La Gardens Resort, Wynnum for what many called a “life changing and thought provoking” event.

Day 1 involved Lyndsey imparting tips on how to become a master of communication and rapport. She also shared secrets on how to become Networking Queens, three steps to creating lasting change and powerful strategies to accelerate success.

Everyone was then involved in interactive participation with creating captivating 30 second and 3 minute promotional pitches.

The highlights of day 2 included a mystery panel of women who provided advice on how to overcome challenges in Business & Life.

One of the mystery ladies was Clair Jennifer. This amazing woman started setting goals when she was just 7 years old, has since developed a multi million dollar chain of retail clothing stores (“Wombat”) across the country and retired at the age of 36.

Another mystery guest was Jodie Eade (“Tax Depreciation Specialists”) who went from nurse to entrepreneur. She ventured into a stable yet stagnant family business and with no previous industry experience doubled the annual turnover in just 2 years.

Lyndsey concluded the day with the key ingredient to creating happiness and a life of fulfilment, goal setting processes and how to manage your time effectively.

Besides the inspiring talks and great networking opportunities, members of Essentially for Women had the opportunity to showcase their businesses. Some of these dynamic female-owned businesses included : Curves (Sandgate), Exotix fashion, Galvanic Spa, Smartlips, Beauty Spells Australia and Mboldn.

There were lots of giveaways and business card lucky draws – the most sought after prize being an Essentially for Women diamond membership worth \$795!

The next event scheduled is “New Year New Woman” on 20 Feb 2008. With “New Year New Woman”, Lyndsey aim is to unleash your true potential, become the person you were born to be and create the life of abundance you deserve!

For more information on this event and Essentially for Women membership:

Go to [www.essentiallyforwomen.com.au](http://www.essentiallyforwomen.com.au) or email [info@essentiallyforwomen.com.au](mailto:info@essentiallyforwomen.com.au)

or call 07-3385 7617 / 0411 417 363.