

Happier, Healthier More Productive Staff!

Exciting New Unique Seminar

Reduce Workplace Stress, Sick Days, Staff Turnover.

Eliminate Lost Opportunities

Significantly Boost Morale, Productivity, Profits, Health, Wellbeing

Debbie Mayo-Smith, New Zealand's most sought-after productivity speaker and trainer, and Julie Biuso, one of New Zealand's best known and most respected culinary personalities will "WOW" your staff. Weaving their respective expertise, they will create a customised, content rich, motivational yet practical, entertaining and very educational multipurpose presentation homing in on everyone's keen interest and need to work more productively as well as live a healthier, well rounded life,

Your audience will love the entertaining stories, shortcuts, live demos and visual how-to's improving their work/life balance. While Debbie will demonstrate shortcuts that save hours, and communication and technology tips, Julie will educate about healthy and economical eating and cooking as well as entertain with stories of cooking for celebrities, culinary successes, and the odd one that didn't quite go according to plan.

Julie Biuso



One of New Zealand's best-known and most respected culinary personalities. She is the past food editor of Cuisine, More, NZ Home & Entertaining, Woman's Day, Taste, VIVA. An award-winning author with 16 cookbooks, She is also a radio

broadcaster, TV personality and personal chef for visiting food 'royalty' including Luciano Pavarotti on his NZ visits.

Debbie Mayo-Smith



The most sought-after productivity speaker and trainer in New Zealand and Australia sits in the top 7% of speakers worldwide. People love Debbie's warm, relaxed style, as she moves them from feeling stressed to

empowered. A media columnist as well as best-selling author of sixteen books, Debbie was labelled Ms Productivity by the media not just for her work; she is also a mother of six children including twins and triplets!

Brief Module Descriptions:

(Suggestions only. All content is 100% customised to your desired outcomes. We can focus on several modules in depth or you can choose a pic'n'mix).

Debbie's Content to Select From

EMAIL, EASING YOUR PAIN

How-to tips that remove those dreary time wasting repetitive actions

- How to automatically sort, prioritise even answer incoming email
- Easier management of shared inboxes
- Never retype again
- Managing calendars and tasks better
- Never letting the ball drop with clever use of Tasks
- Timesaving tips on emailing outside of office hours

ENHANCING YOUR TIMESAVING GAIN: EMAIL

Email programs can do more than correspondence.

- How you turn contacts into a superb database
- Amazing functions hidden within Contacts
- Importing and Exporting information between Outlook and Excel

EFFECTIVE COMMUNICATION MORE MEMORABLE & PERSUASIVE

Essential secrets for connecting and applying it to conversations, presentations, proposals and memos.

- How you connect intellectually
- How you connect emotionally
- How you create and recite great stories

Outcomes

- Free up two to three working weeks per person per year
- Email on smartphone – working better and quicker
- How to automatically sort, prioritise even answer incoming email
- Never retype repetitive emails again
- How you turn contacts into a superb customer / prospect database
- Managing calendars and tasks better

SMARTER. FASTER. CHEAPER. BETTER

A fabulous mixture of how-to's and tips showing how to be more efficient and effective using everyday business tools covering software, cloud, Google, smartphones, apps, social media.

Outcomes:

- Significantly improved time management
- Improved office procedures
- Improved communication
- Improved online presence
- Improved income

LIVE THE LIFE YOU LOVE: HOW TO ACHIEVE YOUR GOALS

Debbie started a business when her six children (including twins and triplets) were very young and grew it to a 6-figure annual income, built an enviable international reputation, wrote 16 bestselling books – all in a short timeframe, with minimal help on a miniscule budget.

Live The Life You Love is a simple four ingredient recipe for unforgettable balancing, managing and computer automation tricks that will help staff achieve their personal and business goals and stop wasting so much precious time.

Outcomes:

- Goal achievement
- Business and personal plans
- More effective way of working – more spare time
- Improved business income

Julie's Content To Select From

Brief Module Descriptions. Training can be one module in depth or a pic'n'mix of several

BE THE MASTER OF YOUR OWN KITCHEN

Learn the 101 of kitchen tips and free up time.

Julie will give you handy hints to help you save time when preparing food. With a little forethought, and know-how, you'll learn how to speed through food preparation and get to your end goal – delicious, healthy food. And you'll learn food storage tips to help avoid wastage. She will also supply a collection of easy blueprint recipes to get you started.

SAVVY FOOD SHOPPING

You need to know what is in the food you buy to ensure long-term health for you and your family. When you hand over the role of food preparation to a multi-national food producer you no longer have control, and it may be that you have no idea what is in the food you are purchasing. Learn to read labels, learn to avoid additives. Shop for health and happiness. Find the bargains. Avoid food waste.

LUNCHBOX ENVY

Buying your lunch every day can add up to a small fortune. Learn how to base lunches on inexpensive ingredients, to make things in batches in your down time, how to make your own beautiful loaf of no-knead 5-grain bread, and how to incorporate leftovers into tempting offerings. In short, you'll make your lunchbox contents the envy of all around you.

SOLVE THE MID-WEEK HEADACHE

Not every meal is destined to be a huge success and earn rave reviews, and that is how we learn. But Julie will fast-track you through trials and disappointments to a fast and fail-safe collection of recipes that will allow you to turn out successful dishes time and time again. Make your kitchen the hub of the home with a fast, fabulous and delicious repertoire of recipes.

Outcomes

For staff:

- More relaxation time; less stress
- Never be caught out at meal time again
- Significant savings made on food costs
- Improved focus and sense of achievement
- Improved work/life balance
- Improved nutritional knowledge
- Ability to decipher food labelling correctly
- Sense of control
- Smart shopping strategies
- Reducing costly food wastage

For The business:

- Less stressed, happier employees
- Reduced turnover
- Improved morale
- Fewer 'extended' lunch breaks
- Improved focus throughout the day
- Improved environmental knowledge and reduced wastage

Sensational Added Value

- 1. Free: Twelve month follow up** Both Julie and Debbie are available by phone or email to answer any questions, solve problems and run ideas by. Debbie will contact everyone quarterly to check on progress.
- 2. Free: Continuing education** Each participant will receive a free subscription to Debbie's quick tip business newsletter and Julie's newsletter and award-winning blog Shared Kitchen, so the learning continues indefinitely!
- 3. Free: Online survey of attendees** Used to help customise the presentation. You can add any questions you like.