

# Who said we are "multi-tasking experts"? ... we are women in business

Spotlight on today's working women who agree life is a juggling act

Daily existence is managing multiple responsibilities at work, in addition to managing the routine responsibilities of life and home. **It's an ongoing challenge.**

Striking a balance between life + work is a personal quest. Finding the right balance when you are single will be different to when you marry, or if you have children; and when you start a new career role versus when you are nearing retirement.

The right life + work balance will vary over time, and often on a daily basis. **There is no perfect rule or one-size fits all.**

What we do know is there are five Life Areas that are relevant to each of us:

- Sleep
- Physical Health & Wellness
- Contentment
- Inspiration
- Work/Business & Finances

Embracing these 5 Life Areas in daily life helps us to **achieve a Life + Work Balance.**

**Join inspirational business women to hear about how they find the right balance:**

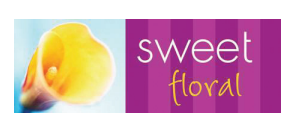
Kate Lamont (Lamont's), Caroline Johnston (Morrison), Amanda Day (Westpac),  
Dr Ann Zubrick (AAAJ Consulting), Kathy Smith (Method Home) and Lisa Gollan (Business Balance)

**Tuesday 29 September 2009**

Fremantle Sailing Club, 151 Marine Terrace, Fremantle

- 7.00 am Breakfast with Kate Lamont
- 9.15 am Seminar Registration
- 9.30 am Seminar
- 3.30 pm Seminar Close & Drinks

Proudly sponsored by:



**To register, please fill in the form on the following page and fax to 08 9430 4418**

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**PLEASE FAX YOUR REGISTRATION DETAILS TO (08) 9430 4418**

Contact name: \_\_\_\_\_  Are you a Fremantle Chamber member?

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

*Please tick the appropriate boxes*

I will be attending the **7am Breakfast with Kate Lamont**  \$65.00 Members  \$85.00 Non Members

I will be attending the **Women in Business Seminar**  \$65.00 Members  \$85.00 Non Members

**Billing Information:** Card Type: VISA  MasterCard

Card Holder's Name: \_\_\_\_\_

Card Number:

Expiry Date:  /  Sec Code:  (Three digit number on the reverse of the card)

**Other Attendee Information** *(please tick the appropriate boxes):*

Attendee 2: \_\_\_\_\_  Breakfast  Seminar Cost: \_\_\_\_\_

Attendee 3: \_\_\_\_\_  Breakfast  Seminar Cost: \_\_\_\_\_

Attendee 4: \_\_\_\_\_  Breakfast  Seminar Cost: \_\_\_\_\_

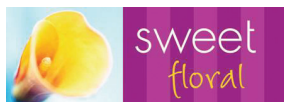
Attendee 5: \_\_\_\_\_  Breakfast  Seminar Cost: \_\_\_\_\_

Attendee 6: \_\_\_\_\_  Breakfast  Seminar Cost: \_\_\_\_\_

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Be motivated to accomplish your own life + work balance