

'you developing you'

**FLOURISH
OVER 50 -**
a one day event for women by women



Sunday 29th May 10am – 4-30pm

Learn,
Share,
Laugh

Discover the secrets of wise women - learning the way we learn best ...together.

Hear about how Lindsey Dawson and Janis Grummitt found strength in adversity as they moved beyond 50.

Learn about your own brain potential.

Share your own story with other women like you.

Learn how to use the advantage of your age:

- improve your brain – think sharply and build a stronger memory
- protect against dementia and stroke
- be positive and adaptable
- be strong in the face of unexpected disaster
- develop the confidence to laugh and have more fun
- find a new purpose in life as a 'capable compassionate connector'
- understand men and young people's minds – if you dare!

**Become part of a new network of women like you
who want to make a difference: a Thought Sisterhood!**



Why women over 50?

Women take on a different role after 50. Whether you are a businesswoman or a domestic goddess your life changes, yet most personal development is focused on younger women.

Did you know that wisdom potential begins in our brains at around 45 and we can fully flourish in our lives after 50?

In all societies it is older women who form the focus of the family and society. We take responsibility for others. Development of one woman will impact many others.

Be that woman...

Join us at
'YOU DEVELOPING YOU'

Sunday 29 May 10am – 4-30pm
at Waves Motel, Orewa

Find out how your brain can improve
and you can flourish by developing it!

**Early bird booking;
\$125+GST before 21 May**

Booking after 21 May \$135+GST
Numbers will be limited

Price includes morning and
afternoon tea and 'lunch with Lindsey'
Plus a free book by Lindsey Dawson
'The Answer' personally signed for
you by the author

To book or find out more information
ring Janis on **09 427 4511**

or email janis@workplacewisdom.co.nz
Payment can be by direct credit or Visa card



Your hostess
for the day –
Janis Grummitt

Janis is an expert in the field of mind development and effective thinking. She is the owner of Workplace Wisdom and the founder of the Movement for a Wiser Society. After 30 years of speaking and facilitating workshops for executive teams and corporate groups, she is taking her message and experience to a wider audience. A brain tumour survivor, she is obsessed with the potential of our brains and has personal experience of its power. Janis translates scientific research into practical tips for daily living. Her style is fun, and participative. She lives in Orewa with her husband John.

"Janis' style is refreshing and surprising to an audience, not only because it challenges their existing thinking, but that it does so in a pragmatic and down-to-earth, rather than academic, way".



Your hostess for lunch –
Lindsey Dawson

Writer, speaker, word whiz and storyteller Lindsey Dawson is all about communication. Creator and editor of Next, More and Grace magazines she is also the author of seven books. Lindsey received a Lifetime Achievement Award in 2009 from the Magazine Publishers Association. She hosts a current affairs magazine show for women "Let's Talk" on Stratos TV. Lindsey lives at Hatfields Beach with her husband Peter.

"I had a fantastic time. You have such a lovely relaxed style. One of the things that I have gained is the understanding that writing is a bit like art. Everyone interprets things in their own way."

Janis www.janisgrummitt.com
Lindsey www.lindseydawson.com