

Primary Industries Rural Support Programme is hosting two **FREE**
2 day Workshops for Young Rural Women 17-30yrs

**INCORPORATING: LIFE PLANNING | UNDERSTANDING
FINANCE | STYLE AND IMAGE**

Day 1. 10thousandgirl Life Planning Workshop: 9am-5pm



- **Interactive 8 hour workshop:** explore ways to create and achieve your life goals in a grounded and lighthearted setting. Spend the day with a group of like minds, becoming inspired around proactively managing your own life and opening possibilities for what you can do for others.
- **Life Planning Workbook:** record new thoughts and ideas and work on a practical, personal long term plan and action chart for the next 12 months
- **Your Spending Plan:** learn about cornerstone financial principles and first steps towards how managing your long term saving and investing can help you achieve what you want to do in your life
- **Q&A Session with Finance Professionals:** A panel of financial service providers will present on
 - Essential things you should know and understand
 - The services they provide
 - Those financial questions you've had burning in your head but didn't know who to ask. Pose questions that have arisen during the day or that will help you with your goals
- **Personal finance book:** receive your own copy of the popular modern woman's guide to financial freedom, [*Flirting with Finance*](#)
- **A gift bag**
- **Lunch** and refreshments

www.10thousandgirl.com

Day 2. Fun with Style and Image consultant Sandra Martin: 9am-3.30pm

Sandra will provide you with a set of powerful, yet simple image tools that will enhance all aspects of your personal impact and appearance. Uncover your own individual style, ensuring a look that is healthy, bright and energetic in all aspects of your life. Lunch and refreshments included.

- First Impressions
- Learn about your colours
- How to dress to suit your body shape
- Make up
- Manners and etiquette
- Taking care of yourself



www.sandramartin.com.au

Bookings essential. Please Contact Caroline Long Ph 65444902 E:caroline.long@industry.nsw.gov.au

SCONE: Sat 16TH & Sun 17TH APRIL 2011 at the Scone Neighbourhood Resource Centre
MERRIWA: Sun 17TH & Mon 18TH APRIL at the Merriwa Council Chambers. **The Merriwa workshop will be followed by a Special Teens Night Out on Mon 18th April at the CWA rooms 6pm – 9pm. See separate flier or contact Elaine Sparrow 65488560 or Justine Witney 0447610915.**