



# Sassy & Savvy Women

Leverage your business. Love your life.

## Leverage your business. Love your life Are you ready to live your ideal life NOW?

- Is your business taking off, but taking over your life?
- Are you sacrificing family and personal priorities because you're overwhelmed?
- Starting to feel overworked and burned out from too many late nights, early starts, and caffeine as a food group?
- Are you stretched to the max, trying to be both a super-mom and a career woman?
- Feeling a little stuck with no place to turn, and wondering how (or if) you can carry on this way?

If you can relate to ANY of the above, you're not alone. In fact, most **women on their way to greatness** pass through at least one of these stages (if not all) - struggling to create business success without sacrificing their life in the process!

Join Teresa and walk through steps to re-design your business so you can maximize your greatest business skills, spend the majority of your time doing **ONLY** what you love, and teach other people to handle everything else. Learn 3 simple but powerful keys that will help you let go of the "Lone Ranger" mentality and create a solid support system that will propel you to the next level of your business and personal success.

### About your presenter:

**Teresia LaRocque** is a motivated and passionate professional speaker and a pioneer in the now booming profession of personal and business coaching. Teresia is the first recipient of the *International Coach Federation's* Master Coach Credential in Canada. She worked with Anthony Robbins and Associates from 1994 to 1995 as a coach and trainer, this experience being a major catalyst to launch her own thriving business in January of 1996.

Through her coaching business, *Teresia LaRocque Coaching and Associates*, Teresia has provided coaching to diverse clients ranging from self-employed professionals, entrepreneurs, managers and executives. Her work has been covered widely in the Vancouver media including BC Business magazine, The Province, Vancouver Sun and Breakfast TV.

Teresia is the co-cofounder of [SassyandSavvyWomen.com](http://SassyandSavvyWomen.com) – an online community, which provides coaching, support, tools and resources to self-employed female entrepreneurs who want to create a profitable business and live a great life. Her 14 years of coaching and training experience as well as her successful entrepreneurial career, have given her the ability to understand all aspects of business and what it takes to live a balanced fulfilled life. Dedicated to insuring the personal and professional success of her clients, her lifestyle and philosophy is based on a firm belief of personal excellence, integrity, balance and living life to the fullest. Whether you want to increase your business success or now want to relax and have more fun enjoying what you've created, Teresia can show you how. Committed to walking her talk, Teresia knows what it takes to have a successful business and a richly balanced life.

