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Hay House Writers Seminar in Sydney

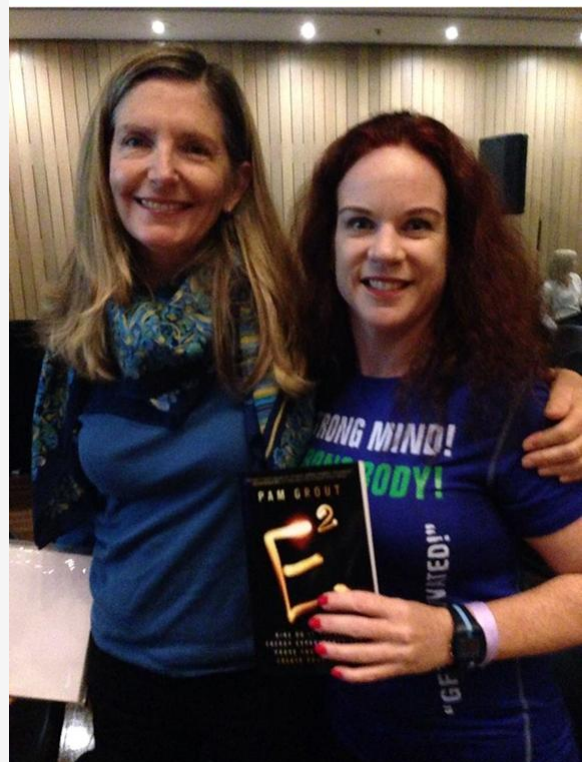
Over the past weekend I had the amazing opportunity of attending the [Hay House](#) Writers Seminar in Sydney as I had been fortunate due to the help and support of many voting for me on facebook and I WON a free ticket to the event. **ABUNDANCE!**

Talk about Awesome, I learnt so much and had many questions and thoughts answered in relation to my self-published soon to be BEST SELLING '[4 Week Program!](#)' plus my marketing plan, my platforms, my websites and the way I am implementing my goals and book / program within the [Fraser Coast Community](#).

Pictured here with:

- LEON NACSON (left) Managing Director of Hay House Australia, and the author of nine books. His current International Best Seller 'A Stream of Dreams' has been translated into four languages.
- REID TRACY (right) President and CEO of Hay House Publishing the largest publisher of self empowerment books, cds, dvds and empowering live events in the world.
- PAM GROUT author of 'E Squared' #1 New York Times best-selling author

..... read more and view images [here!](#)



Frank's Home Decor Centre REBRAND!

LOGO DESIGN | BUSINESS CARDS | SIGNAGE & WEBSITE COMING SOON!!

We got in touch with Jeanette from Design House, to help modernise our business appeal, after having a disastrous experience with an unreliable business in town.

Jeanette offered creative ideas, with a modern and up to date insight into website and business logo design. She is prompt, very well experienced and certainly knows her stuff. Jeanette's ability to return emails and provide required information has been beyond our expectations. We are currently still working with her in re-designing our website and facebook accounts, and have found the whole experience to be "stress free", "easy" and "very professional".

I would highly recommend her to any local businesses, who want efficient, friendly and enjoyable website and logos services.

Many thanks Jeanette.

Janeen Stephens | Office Manager Franks Home Decor Centre

[FRANK'S FACEBOOK](#)

Logo Design Portfolio [HERE!](#)



Fraser Coast Massage REBRAND!

LOGO DESIGN | BUSINESS CARDS | FACEBOOK TIMELINE IMAGE!!

Recently I spoke to Jeanette at Design House about changing my business image. I didn't have a clue how or what I really wanted, but ever so cleverly Jeanette whipped up a few samples and started the process. I was blown away by her creativity, professionalism and prompt service provided. Though we are good friends, Jeanette displayed impeccable business standards throughout the whole design process to end product. I certainly will highly recommend Design House to any business small or large!

Carol McNaughton | Fraser Coast Massage - Torquay Qld

FRASER COAST MASSAGE [FACEBOOK](#)

Social Media Design Portfolio [HERE!](#)



Surveyors @ Work Website Goes LIVE! REBRAND!

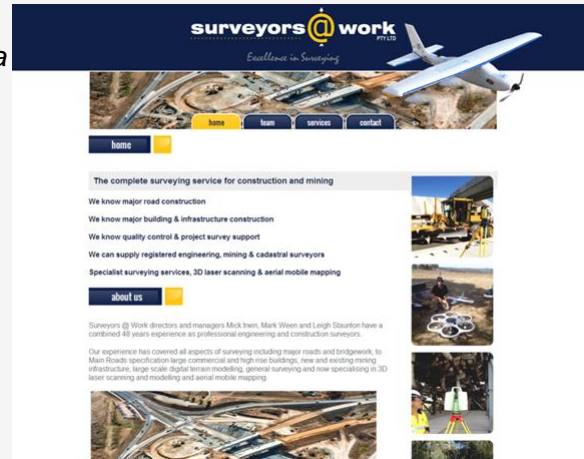
We found Jeanette to be very proactive when assisting us with a full review of our marketing material including a new Website, Business Brochures, Business Cards and Letter Heads.

A daunting task was made a lot easier by her creative ideas, marketing experience and eagerness to please ensuring her reputation was at the forefront.

Mick Irwin
MANAGING DIRECTOR | Surveyors @ Work

View Surveyors @ Work website [HERE!](#)

Website Design Portfolio [HERE!](#)



FREE DELIVERY AUSTRALIA WIDE! AWESOME DESIGN!

ORDER NOW!

1,000 Business Cards ONLY \$150

Full Colour gloss front & full colour matt back!

EMAIL info@designhouse.com.au for more info on how to order BUSINESS CARDS!!!!

Business card portfolio [HERE!](#)



Fraser Coast Health & Fitness Community Action Group

Make sure you "LIKE" our Community Facebook Page [HERE!](#)

GOAL # 1 – REDUCE OBESITY ON THE FRASER COAST FROM 70% TO 50% WITH POSITIVE AND GOAL ORIENTATED INITIATIVES INTURN DRAMATICALLY LOWERING DIABETES!

Jeanette Maynes, Carol McNaughton, Florian Fitzek and other community members have joined forces together to put into action our passion for creating lifestyle change. We want to let people know there are those of us in the community that are vested in and extremely passionate about showing and teaching others a new way of life that is healthy, exciting, fun and will make you happy! We want to share with you our enthusiasm, motivation, encouragement, support, our life experience on this journey, our extensive knowledge and most of all to show you the Power of the Mind!

Our objective is combat the 70% obesity that plagues the Fraser Coast. So seeing as the population is 100,000 people of the Fraser Coast that's 70,000 overweight or obese people that require our help.

We have a desire and are passionate about reaching out to the 70% overweight population, but we cannot do it on our own. This is why we need everyone to become involved at the same level of passion. We want to provide knowledge, education, events, classes, activities and healthy food choices along with retail shopping for 70% of the population that needs our help. The services we seek collectively are already taking care of their own health and fitness so we need to join forces and pass this vital life skill on to those that do not know where to start.

We need all modalities of massage therapists, personal trainers, life coaches, councillors, gyms, doctors, physiotherapists, chiropractors, naturopaths, USQ and TAFE to teach courses, healthy restaurants, fitness instructors, sports clothing retail outlets, sports clubs and the list goes on.

We have already started a '4 WEEK PROGRAM' Community Challenge and so far have 20 members who have lost - 43.6KG for the Community in just THREE WEEKS!

We need to have at least 1,000 people doing the '4 Week Program' to create a flow on effect to change 20,000 people to achieve the goal of dropping the obesity / overweight statistic from 70% to 50% on the Fraser Coast! **(this could be executed in as short a time frame as 12 months!)**

Just imagine how happy, energetic, motivated and productive everyone and the community would be! Too Exciting!

(Then I / We can start on the rest of the 63% of Australia!)

"Need a Hand?"

Email Jeanette if you would like to join the team, offer your business services or join the closed facebook weightloss group: info@designhouse.com.au



More info in full [HERE!](#)

Learn to be HAPPY in 4 Weeks!

"In keeping with the great lifestyle, environment and climate on the Fraser Coast. I am looking forward to being part of a program that will help keep me healthy, fit and agile. I love where we live and want to do whatever I can to keep enjoying our unique lifestyle. Now we can all afford a program of fitness and good eating.....convenient and enjoyable!"

- Gerard O'Connell | Mayor Fraser Coast Regional Council

Learn to be HAPPY in 4 Weeks!

"Good habits are as addictive as bad habits & a lot more Rewarding!"

Why am I so PASSIONATE about the '4 Week Program' & helping others be Happy?

It Works! I Live & Breathe It! I WALK THE TALK!

For those that have no idea where to start with being 'HAPPY' & the 'Best You Can Be', I have condensed the process for you into FOUR Short Weeks!

Learn & understand the tools for the rest of your life, visualise your success, see & feel results, learn goal setting & follow simple instructions to instantly begin to heal your Mind & Body!

FREE Additional Bonus: Lose weight ... **potentially up to a Kilo a week or More!**

+ where to find the best resources for your ongoing journey!

Based on my own healing process, I have completely reprogrammed my thoughts, behaviours, self talk & beliefs plus implemented new positive & exciting mind, fitness, meal plan & lifestyle habits. I believe with all my heart that ABSOLUTELY ANYTHING IS POSSIBLE FOR ANYONE IN LIFE!

THREE SIMPLE Steps to SUCCESS!

1. Sign Up & [Download](#) the '4 Week Program!' - Only \$39!
2. Follow the Mind, Meal & Exercise Plan!
3. See & Feel the Results!

[FACEBOOK](#) [WEBSITE](#) [THE STORY](#) [FAQ'S](#)



KNOWLEDGE & TOOLS ON HOW TO LIVE & EAT HEALTHY IN JUST 4 WEEKS!

***FREE ADDITIONAL BONUS - LOSE WEIGHT at the Same Time!**
...potentially up to a Kilo a Week or More!



TOMORROW 10km Challenge #16! FREE Community Event by Design House!

'10km Challenge' Enzo's to the Pier Return

THIS SAT 20th of September 6:30am!

- Walk | Run Starts @ Enzo's, Esplanade Hervey Bay
- 20% OFF Coffee for Participants at Enzo's!
- Must have a moderate level of fitness ... (If not, turn half way & do 5km!)
- **What to Bring - A FUN Can Do Attitude!**

More info [here!](#)

Artwork by [Design House!](#)



Hervey Bay #16

10KM CHALLENGE

ENZO'S TO THE PIER RETURN

Saturday 20th Sept 2014 - 6:30am SHARP

- Walk | Run Starts @ Enzo's, Esplanade Hervey Bay
- 20% OFF Coffee for Participants at Enzo's!
- Must have a moderate level of fitness ... (If not, turn half way & do 5km!)
- What to Bring - A FUN Can Do Attitude!

FREE! ALL WELCOME! TAKE THE CHALLENGE!

WITH JEANETTE!

PROUDLY PROMOTING FUN & FITNESS ON THE FRASER COAST!

Design House .com.au 4week program \$39 Enzo's Esplanade Hervey Bay SALSAGROUP

pl@jeanettemaynes.com.au www.jeanettemaynes.com Jeanette Maynes "The Motivator"

© www.designhouse.com.au

LATIN DANCE PARTY! FREE Community Event by Design House

LATIN DANCE PARTY!

@ The Beach House Hotel Hervey Bay!!!!

Make sure you Dress to Impress but can still "Shake your Bon Bon!!!!"

FREE ENTRY: Sat 27th Sept 2014, 7 – 11pm

FREE: Zumba® + Salsa, Samba & Merengue Lesson (Perfect for Beginners!)

DRESS CODE: Cocktail / Sequins / Samba

VENUE: Beach House Hotel, 344 The Esplanade
Upstairs Function Room

More info [here!](#)

Artwork by [Design House!](#)



LATIN DANCE PARTY!

BEACHHOUSE HOTEL

FREE ENTRY: Sat 27th Sept 2014, 7 - 11pm

FREE: Zumba® · Salsa, Samba & Merengue Lesson

DRESS CODE: Cocktail / Sequins / Samba

VENUE: Beach House Hotel, 344 The Esplanade
Upstairs Function Room

Visit: www.salsagroup.com.au

Design House .com.au Salsa group.com.au ZUMBA fitness

Salsa Group Zumba Caliente Fraser Coast ZUMBA FRASER COAST ZCLUB Dance Fitness

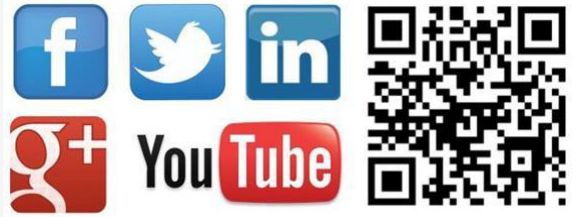
Design House Australia Beach House Hotel Hervey Bay L.A.D Studio - Latin Dance

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SOCIAL MEDIA!

Keep up to date with Jeanette & Design House @:

[WEBSITE](#) [FACEBOOK](#) [TWITTER](#) [LINKEDIN](#) [GOOGLE](#)
[PLUS](#) [YOUTUBE](#) [BLOG](#)



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