

**ORDER before Dec 31  
 Prices increase 2008**

**INSTANT RESOURCE**

# Seminar Presenter Package

Now you can present informative and fun nutrition, fitness and weight loss seminars with a package that gives you all the tools you need. The hard work has been done for you. *Matt O'Neill's Seminar Presenter Package* is designed to save you time, effort and inspire you to present your passion to groups.



## With this resource you can...

- ♦ Say 'Yes' to requests to give community talks
- ♦ Add seminars to your nutrition and fitness services
- ♦ Integrate powerful education into your wellbeing program
- ♦ Prepare professional seminars in a fraction of time
- ♦ Offer professional participant handouts at every seminar
- ♦ Build a motivating weekly weight loss program
- ♦ Target the corporate market with lunchtime seminars

## More benefits for your business

- ♦ Present seminars to reach more clients with less effort
- ♦ Provide a weekly seminar to give members added value
- ♦ Promote your services at seminars to recruit more clients
- ♦ Help your staff become better educators for every client

## Designed by the best

**Matt O'Neill, Nutritionist  
 BSpSc(Nut&Diet), APD, AN**

Matt is Director of SmartShape and an experienced speaker who has presented hundreds of seminars and workshops in eight countries. He appears regularly on TV making complex science simple and doable for everyone. Matt believes lifestyle advice should be remarkable, in that people are able to remember and share what they learn in seminars. Your Seminar Presenters' Package is designed with this clearly in mind.



## 20 Seminars, ready go

Your Seminar Presenter's Package includes a broad range of engaging topics. Here's a full list of the seminars you can now present:

- 1. Healthy appetites**  
How to manage hunger and appetite.
- 2. Eating Well Eating Out**  
Choosing healthy takeaways, restaurant tips.
- 3. Alcohol Smart**  
What is a standard drink and tips to manage your drinks.
- 4. Cooking Lean**  
The right cooking equipment, low-fat cooking tips.
- 5. Supermarket Savvy**  
Calorie conscious food shopping tips.
- 6. Food Label Low-down**  
Facts on food labels and how to read them.
- 7. Eating at Night**  
How to deal with night-time munchies.
- 8. Activating Activity**  
Benefits of activity, how to make a plan.
- 9. Cutting Diet Confusion**  
How to evaluate fad diet claims.
- 10. Success Support Crew**  
Buddies, cheerleaders, saboteurs and hecklers.
- 11. Making Time**  
Tips for better time management, time to eat and exercise.
- 12. Family Fitness**  
How to get the family active and eating well.
- 13. Successful Social Eating**  
How to survive parties, dinners and holidays.
- 14. Staying on Track**  
Key actions for success, what successful losers do?
- 15. Taming Eating Triggers**  
Sensations, locations, emotions and relations.
- 16. Stress to Success**  
How to manage stress, find flow, escape and relax.
- 17. Optimal Eating**  
All about antioxidants, eating to boost health.
- 18. Outsmarting Plateaus**  
Why plateaus occur and how to manage them.
- 19. Dealing with Slip-Ups**  
How to manage set-backs.
- 20. Laughing More**  
Health benefits of laughter, tips to laugh more.



**More details & order form over page > > > > > > > > >**

Order online today @ SmartShape.com.au



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# Seminar Presenter Package

A powerful tool to help every client

## What's included?

All these items come on 8 CDs in a folder jam-packet with printed materials:

- ♦ 20 Seminars prepared & ready to present
- ♦ 2-4 Tip Sheets per seminar (All 61 Tip Sheets)
- ♦ 20 min audio of every seminar delivered by Matt O'Neill
- ♦ Written transcripts to make notes on before you present
- ♦ Professional Powerpoint slides of each seminar
- ♦ Seminar Presenter Guides & Snapshots

## Your simple user-license

When you purchase the Seminar Presenter Package with a once-only payment (no ongoing license fees!) you are able to use the materials as much as you like. All you need to do is keep the written acknowledgement on each Tip Sheet. If it's just you presenting the materials, choose the Single-User option below. If it's you and your team at a single site, choose the Multi-User option. If you'd like to use this resource at multiple sites with multiple staff, let Matt know and he'll arrange special pricing for you.

## Customer testimonials

"This resource is fantastic. Information is very relevant. I read through each transcript and put in some of my own personal experiences and issues that were relevant to my clients that are in the course. This is a great way to teach information without overload." – **S Laws**

"This package is so useful. You have the knowledge and we have the members, so putting it together makes a great combination to benefit our business and our members." – **G Weston**

## Tip Sheet Set included in this package

Matt O'Neill's Seminar Presenter Package includes all 61 of Matt's Tip Sheets in formatted A4 PDF files, ready to print and share in your seminars or with all your clients.



## Add your logo for greater value

Enhance your professional image and market your services by adding your logo or name and contact details of your business to all 61 Tip Sheets in this resource. When you order this option, we'll request your logo by email then send a sample custom Tip Sheet for your approval. You'll receive a custom Tip Sheet CD, like dozens of businesses, including the ones below. **Don't have a logo?** Ask us about designing one for you.



Order Form - Fax (02) 9620 9599 or call (02) 9620 9511

Yes, I'd like to start using Matt O'Neill's Seminar Presenter Package

My option -  Single-User \$499.00  Multi-User \$699.00  Plus logo addition \$99.00



Name	Date
Organisation	Phone
Street Address	
City/State/Post Code	
Email (to confirm your enrolment)	
Payment by: <input type="checkbox"/> Cheque (to SmartShape P/L)	Charge my: <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa
Credit card number	
Expiration date	Signature (credit card bookings)

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Or post - SmartShape, PO Box 936 Kings Langley NSW 2147