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Under licence from the Australian Olympic Committee*

RUTH OSTROW

Work Life Balance

With her weekly columns in The Australian Newspaper read by millions, RUTH OSTROW is one of the country's leading Body Mind Soul writers, educators and Keynote speakers. She traded spreadsheets for bedsheets on her return from living in New York in the 90s and is not only the author of a bestseller on the secrets of success of the rich and powerful, but also has a host of other books to her credit in the areas of human relations, money and Wellbeing and sexuality.

Ruth's credentials as a Work Life Balance speaker and consultant are impeccable, based as they are on her personal experiences, her years working as a health and life-matters writer for the Murdoch presses, her inside understanding of corporate life, and her exposure to the most intimate secrets, deepest fears and most extravagant desires of thousands on ordinary Australians.

As a journalist for BRW magazine and The Australian Financial Review in the turbulent 80s, Ruth developed a fascination with the secrets and pitfalls of success. After interviewing the likes of Alan Bond, Coles Myer's Solomon Lew, stockbroker Rene Rivkin, property developer Bruno Grollo, Asian tycoons Lee Ming Tee and Sally Aw, Robert Holmes a Court and many more, she decided to compile her book *The NewBoy Network*.

However, the Greed-is-Good era came to a crushing end, and Ruth observed first-hand the truth of the mantra *What Drives You, Can Drive You Over the Edge*, watching many of the leading corporate players of the 80s - several of whom were close friends - hit the wall or make bad decisions as a result of burn out. She realised there had to be a better way to define success.

In her keynote presentations, Ruth talks about her years as a high-powered journalist and the "breakthrough" which pushed her off the treadmill and helped her find true happiness and meaning in the simple things. A self-confessed workaholic like many of the entrepreneurs she'd interviewed, she discovered herself the true cost of ignoring the body, the soul, and loved ones.

To avoid the fate that had befallen many of the millionaires she mixed with who died prematurely, ended up in jail, or lost a lot of money or lost their families, due to mental exhaustion and physical fatigue, she made a dramatic life change which she shares with captive audiences all over the world. For even as Ruth walked away from her former high-pressured lifestyle, she discovered that she'd never had as much success at work and play in her entire life, nor as much vitality, energy and creativity in what she calls "super success": of body, mind, back-pocket, and soul.

Now an international speaker, qualified nutritional and longevity expert, yoga teacher and life-coach living in Byron Bay, she writes and talks about Total Wellness and helps others create a new paradigm for the word true "success". Her more recent experience as a health journalist and former sex & relationships writer for the News Limited group and radio presenter, helps Ruth tie together all the strings in her bow to wrap a beautifully-packaged gift of true happiness and abundance which she presents to her audience.

KEYNOTE SERIES & WORKSHOPS:

These can be tailored to run as keynote speeches or taught in workshop settings.

From Burn Out to Super Success

"What drives you, can drive you over the edge" and other lessons learned from the 80s and examples of success and failure on both monetary and personal levels from her years of interviews with the leading entrepreneurs in Australia and around the world. How to create a balanced and nurturing world that keeps you at peak performance

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in love, play and work. Delivered to the YPO World University at the Coolum Hyatt Hotel in Australia, in the 90s, to tremendous applause.

WorkLife Balance

Ruth's personal story of her years as a journalist fighting to keep the pie in balance, often losing her battle with workaholism, and ultimately leading to her escape from the rat-race to the hinterlands of Byron Bay in order to practice what she preached. A look at each area of life that is important and how to create passion that fuels you but doesn't burn you.

The Hidden Codes of Success

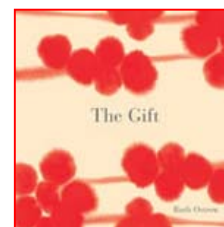
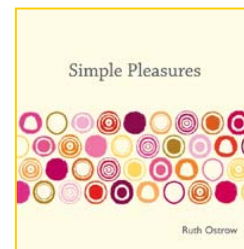
Every one of us has secret coding. It's the directives that live behind the thoughts we have, that tell the 'web-spiders' of our brain what we really want, and how we really want to be treated. A person might work very hard but due to an unconscious poverty-code or "I don't deserve" code, they may sabotage love and success. Ruth dissects our secret messages and reveals ways to powerfully change outcomes in a way that will bring abundance and empowerment. "This is an interactive and humorous talk that leaves people gasping. Full of Aha! moments" Morris Kaplan author of Five Years to Financial Freedom, co-speaker with Ruth Ostrow on Your Money Personality and You.

RUTH OSTROW IS AUTHOR OF:

"Simple Pleasures", "The Gift" and "Sacred & Naked", "The Newboy Network". All explore life lessons Ruth has gleaned on her journey into love, sex, money, power, and health.

RUTH'S CLIENTS HAVE INCLUDED

- ◆ The Art of Living Foundation, Bangalore India
- ◆ The YPO Organisation, Australian chapter and World University
- ◆ The International Research Centre for Healthy Ageing and Longevity Ltd, sponsored by the World Health Organisation
- ◆ The SpaAsia Wellness Summit, Hua Hin, Thailand
- ◆ The CEO Institute, Brisbane chapter
- ◆ New South Wales University
- ◆ The Australasian Integrative Medicine Association
- ◆ The International Complementary Psychiatry Association
- ◆ Plus a host of public companies both here and abroad.



CLIENT FEEDBACK

"Ruth Ostrow is a riveting presenter. The intelligence, charisma, humour and experiential wisdom she displayed during her keynote speech at the 2004 International Complementary Psychiatry Conference kept us all enthralled. It was a memorable and intelligent experience."

University of Queensland

"Our motto is: Healthy Ageing begins at birth. Ruth Ostrow's Keynotes and books will book tells you how!"

International Conference on Healthy Ageing and Longevity

"Ruth Ostrow is full of practical advice and down-to-earth proactive tips on how to implement a happier healthier and sexier life!"

Australasian Integrative Medicine Association