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DI MCDONALD

GET A LIFE – GET A BALANCE

Do you wake up each day full of energy and vitality for the day ahead? Very few people would say an enthusiastic “yes!”. Finding a balance between work, home, health and fun is a daily challenge. People report a sense of well-being when they gain a balance, and invest time in all aspects of their life. Studies have shown that those with a work/life balance are less stressed, happier, healthier, more productive and live longer.

But many people do not listen to their body’s warning system of “flashing lights” when they lose the balance. Such a warning system is our body’s natural way of letting us know something is wrong – losing our temper, being withdrawn, sleeping problems, headaches, memory and concentration problems, aches and pains, self criticism – and many, many more. Once we recognise these symptoms we need to act, not put our head in the sand and hope they will go away.

We only have one life! We forget sometimes to care for it and enjoy it. Learning some basic daily practices can go a long way to maintaining a healthy approach to living, so that we live happier and more productive lives and enjoy the important relationships in our lives, both at home and work.

TRAINER PROFILE:

Di McDonald is a leading specialist in work/life management, and a much sought after motivational speaker on maximising your performance through balancing work, home, health and fun. She is renowned for her ability to entertain her audience, whilst providing clear and practical tips that can be incorporated into every day life.

Di is Managing Director of Resolutions Pty Ltd, a thriving management consultancy company in Melbourne and Sydney. As a management coach / mentor, and through her own experience, Di is particularly familiar with the consequences of losing a work/life balance for employees and their families. Di demonstrates that she is living proof that you can positively face the demands of a busy life, sharing with her audience her real life experiences of successfully managing a business, with an active family life, whilst maintaining vitality and energy.

Her wealth of hands on experience is enhanced by Di’s strong educational background. She has formal qualifications in behavioural science, education, counselling, mediation, including a Masters of Management.

Di regularly consults to a wide range of corporations, teaching institutions, legal firms and professional associations. These include Western Mining Corporation, La Trobe University, University of New England, RMIT, Hotel Sofitel, Department of Premier and Cabinet and Treasury and Finance, Royal and SunAlliance Insurance, Glaxo Wellcome Australia, Australian Taxation Office, Department of Justice, Insurance Manufacturers of Australia, Flight Centre, The Steel Institute of Australia, The Australian Customer Service Association, Information Synergy, Maddock Lonie and Chisholm, a wide range of Councils and many more.

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CLIENT TESTIMONIALS

“A very good and entertaining lifestyle presenter, (and we have seen just about everyone) – relevant to our managers.”

Institute of Municipal Management

“Excellent. An insightful presentation on stress management – enlightening, informative, entertaining and left us with numerous avenues to handle work and everyday life pressures. Thank you for your contribution to our national sales conference. I would thoroughly recommend you to other businesses.”

AAPT Telecommunications

“Excellent, What a Hit! Truly the highlight of the conference. Ping Pong Ball sales will skyrocket for sure. Brilliant.”

Top Tourist Parks

“Gives excellent advice in an entertaining way. We enjoyed her presentation very much.”

Shepparton District Department of Education

“The feedback from the participants was very complimentary of your style and liveliness of the presentations. We look forward to working with you in the future.”

Royal & Sunalliance

“Excellent. Di was fantastic – kept everyone entertained thoroughly.”

Flight Centre

“Di directed her talk to the appropriate level for the audience. She was very personable, down to earth and funny – we loved her.”

Farm Management 500

“Di was extremely well received by the audience. She was both entertaining and people felt they could relate to her.

hoo marketing

“I genuinely meant it when I said I did not want to leave. My only regret is that the audience was not larger and if I may I might prevail on you to do a repeat performance in 2000.

GIO Australia

“Excellent. Very accommodating & well received by all attendees. Charming, honest and a warm personality.”

Guardian Pharmacy

“Excellent. Totally outstanding performance! The audience hanging on every word; only broken by laughter and applause.”

GM Retail Services

“Excellent. Di was hilariously entertaining proven by her audience’s reaction and participation. Very down to earth, friendly and warm nature, lovely lady, well done.

Livestock Transport Association

“Very energetic, informative and entertaining.”

MBAV

“Great Personality with terrific ability to engage audience into her address.”

GM Retail Services

“Di’s frank, humorous and entertaining presentation and delivery encouraged audience participation. A down to earth and approachable facilitator.”

Young Presidents Organisation

“Excellent. Di was excellent and really delivered a great speech.”

Dept. of Human Services

“Excellent. Di’s presentation and content was perfect for our audience and provided the outcomes we expected. First Class.”

DA Consulting

“Di was a good presenter and very entertaining.”

Large Herds Australia Conference

“Excellent. Di’s presentation was a great way to put everyone at ease for the rest of the day. Overwhelmingly positive feedback from people.”

DEET Eastern Metro Region Music Office

“Getting wonderful feedback from our delegates on Di’s workshop.”

Swann Insurance

“Excellent. Di presented to a wide age group from different backgrounds, but all listened and enjoyed.”

Victorian Taxi Association

“Di was absolutely outstanding - I received highly positive response from EVERY person who attended the session!”

Jim's Group