



**For immediate release**

### **Achieving Peak Performance in Life AND your Investments!**

Maybe you have your eye on a promotion. You want to develop your financial portfolio. Or you know you could be that amazing mother, daughter, friend, or lover.

The fear of making a mistake or the lack of self-confidence clouds our vision and keeps us from taking action.

Girls Learning About Money (GLAM) Executive Officer Alysia Hamilton said many women struggle to visualise what their goals are when it comes to money, personal development and/or their investments.

GLAM has enlisted the assistance of the 2010 Australian Winter Olympic Psychologist and former professional ballet dancer Dr Gene Moyle.

With over 11 years personal and professional experience working with elite athletes Dr Moyle will present on how to create clarity and achieve peak performance.

“I can assist you in how to “re-wire” your brain so you are on task with purpose and can burn brighter versus burning out.

“Through a combination of strategic thinking and practical implementation you can learn to be the master of your own destiny and achieve your own personal gold” Dr Moyle said.

“GLAM is a community of women who come to together monthly to learn about money-related topics from budgeting and tax to shares and property investing.

“They also explore and advise on other diverse topics like art, wine and household management.

“Our aim is to provide women with access to information so they can make informed decisions and achieve financial freedom through their own choices” Ms Hamilton said.

#### **September event details:**

Time: 5.45pm to 8.00pm

When: Thursday 1 September 2011

Where: Westpac Bank, 260 Queen Street, Post Office Square, Brisbane

Cost: \$39.95 (\*full-time students \$19.95)

To register visit [www.girlslearningaboutmoney.com](http://www.girlslearningaboutmoney.com)

**ENDS**

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