



happy mind



happy body



happy heart



happy soul

find your h-spot
find your happiness



Sue-maree 

What a fantastic presentation! You really have the 'secret' and have captured a great edge with your h-spot approach.'

David Dunster, Five Star Presentations & the MC Hotline

unique

What's the h-spot? One of the most powerful and underutilised success strategies. Happiness!

When stress builds up, performance suffers - at work and at home.

That's when you need to find your **happy-spot**.

peak performance

Explore the art and science of happiness, and integrate simple powerful strategies for a happy mind, happy body, happy heart and happy soul.

Increase

- **Performance**
- **Productivity**
- **Profitability**
- and **Sparkle** in everything you do for the rest of your life!

presentations

Each presentation is individually designed to meet your specific needs.

- **Keynotes** - Conferences, Retreats, Special Invitation Events
- **Seminars** - public and private
- **Workshops** - for smaller groups and teams
- **Consulting** - for businesses and individuals

'How to find your h-spot' hits the spot! The focus on how we handle ourselves under today's pressures through practical physiology and outlook techniques was delivered with inspiring vitality. Wow!'

John Ashton, Director, Ashbrook Management Pty Ltd

For a sensational presentation
at your next event
find your h-spot with Sue-maree



Sue-maree



> Find your h-spot, find your happiness

Keynote Speaking • Seminars • Workshops • Consulting

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KPMG
L J Hooker
P&O Nedlloyd
Mercedes Benz
Mitsubishi Motors Australia Ltd
Institute of Chartered Accountants Australia

'The h-spot rocks! Fast-paced, funny and energetic, and delivered with a genuine sense of enthusiasm and passion. You gave 110% and delivered us all a very different way to look at the world.'

Mark Tolley, Marketing Director
Global Momentum

'Inspirational - both within the firm and in dealings with clients.'

Don Knight, Partner
KPMG

'Members feedback has been terrific and you were obviously a big hit with everybody!'

David Treacher, Proper Authority Holder
AMP Financial Planning Pty Ltd

'Sue-maree's interactive and entertaining h-spot presentations deliver 'take home' value that will transform your life, and make your event memorable.'

Iain Duguid, Queensland President
National Speakers Association Australia

'Brilliant, charming, funny.'

Jim McEneaney
Sue-maree's Dad

Bachelor of Commerce • Chartered Accountant • Directorships in public and private sectors • Certified Trainer in Neuro Linguistic Programming (NLP) • Certified Trainer in Hypnotherapy • Certified Trainer in Time Line Therapy™ • Certificate IV in Assessment and Workplace Training • Accredited Speaking Member, National Speakers Association of Australia • International Federation of Professional Speakers • Actor • Author • PhD student



where's your h-spot?

www.suemaree.com