

INTRODUCTION- Dr Jo Messenger

Please introduce Dr Jo by acknowledging your team or delegates first!

If you can:

- Acknowledge the participants in some way - what they've done, how well they've done it, how hard they've worked in challenging times etc.
- Say something about your group that indicates why you've invited Dr Jo to speak to them

- Say something about Dr Jo that indicates her credibility if you need to - she does not need you to do it!
- Please be open-hearted and have fun! If you have fun it will give them permission to lighten up and enjoy themselves as they learn.

An example:

"We know that you've all worked really hard this last year and there's been a lot of changes, meaning we have to do more with less in less time! We appreciate your efforts and we wanted to say thank you - so we've asked Dr Jo Messenger to (examples) help renew your energy levels, deal with change, restore your sense of humour, help you be better leaders, bust your stress, steer you away from burn-out, help you laugh - or all of the above! (OR SOMETHING THAT SUITS YOUR AUDIENCE) Please welcome Dr Jo Messenger!"

As for content, please feel free to talk about Dr Jo's education and experience as you see fit.

If you need a bit more info about Dr Jo's background...you can say this!

Our guest speaker today was trained as a chiropractor and is going to give everyone a nerve-system adjustment.

She also studied neurolinguistics, emotional intelligence, yoga, energy healing and inter-personal relationships. She has 6 brothers, a beautiful daughter, and 7 step-children so she's a natural bridge between the masculine and feminine, logic and intuition, creativity and getting things done.

She's going to show you how to bring out the best in yourself and others, and have fun doing it. Ladies and gentlemen, please welcome Dr Jo Messenger.

If you need help constructing the introduction, please contact Dr Jo on her phone (+61) 410 668 070 or e-mail at drjo@drjomessenger.com