

# localnews

■ **EVENTS:** Speakers seminar series focuses of life coaching

# Gals to get a helpful earful

**CHERYL BROWNE**  
Special to the Examiner

When paradigms of the past no longer work, you have to find a new way of being you.

So says Dr. Liz Anderson-Peacock, local motivational speaker, chiropractic doctor and CEO of the successful Girls Gals Gurus group.

Anderson-Peacock is putting the finishing touches on a speakers seminar series she's holding March 1-2.

"I don't believe we've ever had anything like it in Barrie," said Anderson-Peacock.

Their first event, entitled Visionary Leadership, presents an evening with retired American Brig.-Gen. Becky Halstead, who has the distinction of being the first woman to lead 20,000 troops in the Iraq war.

"I love coming to Barrie," said Halstead, who spoke at CFB Borden last fall.

Halstead will speak to the public Tuesday, March 1 from 7 p.m. to 9 p.m. and offer another seminar during the Girls Gals and Gurus speaker series on March 2.

The day-long seminar, called Energize, Engage, Empower, will feature Dr. Liz Anderson-Peacock, Dr. Carol Ann Malizia, as well as Halstead and Christine Kloser.

The Girls Gals Gurus group focuses on life coaching, incorporating corporate and group strategies.

"We support people being better versions of themselves," said Anderson-Peacock.

She is focusing her presentation on teaching about creating a habit of effecting change,

she said.

"We all know what we need to do to change, but can't seem to get around to actually doing it," she said. "I believe that change is inevitable, but suffering is not. I teach a plan of action and show you the tools to apply them to affect change in your life."

The second speaker, on March 2, is Dr. Carol Ann Malizia. A recognized international speaker, Malizia is also an author and consultant. She speaks about the message of insights and change women are faced with during their life. After 20 years of clinical experience, Malizia speaks about how to change and make positive shifts in your life.

"A lot of people need to create a healthier lifestyle. They're out of control with weight, or stress. We teach how to make choices that move us in a different direction," said Anderson-Peacock.

The fourth speaker is Christine Kloser, who is a spiritual business coach, a book publisher and an award-winning author of several books, including, *The Freedom Formula, Conscious Entrepreneurs and Align, Expand and Succeed ... Shifting the Paradigm of Entrepreneurial Success.*

A portion of the money raised during the speakers series will go towards Operation Hero, a regional initiative created to raise money to provide up to five scholarships to families in the Canadian Armed Forces.

The Energize, Engage, Empower speaker series runs Wednesday, March 2 from 8:30 a.m. to 4:30 p.m. at the Georgian College Theatre.

For more information call 705-627-0030, or visit [www.girlsgalsgurus.com](http://www.girlsgalsgurus.com).



MARK WANZEL Photo

Dr. Liz Anderson-Peacock, a motivational speaker, chiropractic doctor and CEO of the Girls Gals Gurus, is putting the finishing touches on a speakers seminar she's holding March 1-2. For more information, call 705-627-0030, or visit [www.girlsgalsgurus.com](http://www.girlsgalsgurus.com).

**“ We all know what we need to do to change, but can't seem to get around to actually doing it.”**

Dr. Liz Anderson-Peacock, a local motivational speaker who is hosting a speakers seminar next month.

**ODDS BETTER THAN 1 in 2\***

**BONUS CASH BONUS PLAY BONUS PRIZES**

**Get Yours Today.**

**OVER \$10 MILLION IN CASH PRIZES**  
PLUS DE 10 MILLIONS \$ EN LOTS EN ARGENT

**BONUS KENO**

**KENO BOARD TABLEAU KENO**

**TOP PRIZE / GROS LOT \$50,000**

**FAST \$5**

**WIN 3 DAILY KENO 10 PICKS\***  
**GAGNEZ 3 DAILY KENO A 10 - 10 JOURS\***

**3 WINS\* GRANTER DE DAILY KENO FREE PLAYS\***

**Know your limit Play within it**

olg.ca 1-800-387-0098

**OLG**

\*Odds calculation includes cash prizes and DAILY KENO Free Play prizes.

**ATTENTION:**  
When your Pay Cheque doesn't cover all your bills!

Receive a Cash Advance up to **\$1500 for 30 days.**  
Instant online approval.

**To Apply:**  
You must be 18+  
Have a steady job/source of income  
Chequing Account  
Apply now at: [www.paidcash.com](http://www.paidcash.com)

**paidcash.com**  
cash when you need it most

**OLG Slots at Georgian Downs - Your Mini Holiday!**

**Ladies Night**  
6:00 pm to 9:00 pm  
**THURSDAY NIGHTS**  
January 13 - February 10, 2011  
LUXURY EDITION

**GRAB THE GALS AND COME OUT FOR A NIGHT OF FUN, ENTERTAINMENT AND CHANCE TO WIN FABULOUS PRIZES!**

FOR MORE WAYS TO WIN AND COMPLETE DETAILS VISIT [OLGLADIESNIGHT.CA](http://OLGLADIESNIGHT.CA)  
OR THE WINNER'S CIRCLE REWARDS DESK.

Exciting Slots • Casual Dining • Fun Promotions • Lots of Winners!

Redeem this coupon any Thursday from January 13 - February 10, 2011 between 6:00 pm and 9:00 pm at the Winner's Circle Rewards desk at OLG Slots at Georgian Downs to receive a Bonus Draw Ballot!

Limit one coupon per person, per promotional Thursday.  
\*Must be present at time of draws to win.

**Know your limit Play within it**

OLG Slots at Georgian Downs  
7485 5th Side Road, Innisfil, ON  
(705) 726-6770  
Open 24 hours, seven days a week

olg.ca

**OLG Slots**  
AT GEORGIAN DOWNS  
Your mini holiday.

Must be 19 years of age or older. Valid government-issued photo identification may be required. No purchase necessary. Chances of winning depend on number of eligible entries received. Promotion valid only at OLG Slots at Georgian Downs from 6:00 pm to 9:00 pm on Thursdays from January 13 - February 10, 2011. Must be present to win. Secondary Prize draws will take place at 7:00 pm and 8:00 pm with the Grand Prize draw being held each Thursday night at 9:30 pm. Ballots for the Grand Prize draw must be entered between 6:00 pm to 9:00 pm. Approximate value of the weekly secondary prizes is \$500.00 (CAD) and the Grand Prize is \$4,000.00 (CAD). Ladies Night packages are available only to new or existing Winner's Circle Rewards members. Completed qualifying ballots for the nightly Grand Prize draws must be entered into the Ladies Night draw drum by no later than 9:00 pm. Patrons with self-excluded or trespassed status as determined by OLG, will not be eligible to participate in this or any OLG Slots & Casinos promotion. Any self-excluded person detected at a gaming property will be removed and trespassed. Please see the Winner's Circle Rewards desk for complete rules and regulations.