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## About Helen

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helen mac...

...is Australia's Corporate Optimist

...believes that "Life is too short to be miserable at work!"

...is passionate about ridding the world of what she calls the "grey-faced army" those sad folk who drag their boots to work each day, leaving their hearts, souls and minds safely at home.

...has squeezed all she has learned from over 25 years of research and experience in organisational behaviour, performance improvement and motivation, into creating "The Corporate Optimism Principles".

...is the author of 2 books, including "SMILE your way to Success", the cornerstone of her "Juiced Up Life!" project. She has also contributed to 4 other books, including "Secrets of Business Builders Exposed".

...can turn your business into a place where customers smile, employees thrive, & productivity, effectiveness & profit reach new heights.

So, what can I do for you?

- More about my background
- A dynamic, energising and motivating presenter for your next conference or business retreat
- An engaging, action-oriented, business-focused seminar to inspire your workforce to the next level
- Take-away free articles and reports
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- Contact me by clicking [here](#) or call 0419 930 864.