

# Speaker Intro and Talk Summary

## Jo Dodds – POWER to Live More

### How to use the ‘POWER’ of my 5 Fundamentals to have a successful business whilst getting to ‘Live More’

Life feels so overwhelming nowadays with our busy lives, all the digital technology and that seemingly ‘always on’ culture. And then we run around working, often more than when we had a job, to grow our business. That can be stressful, not good for our wellbeing and personal life, and actually isn’t quite what we planned when we started our own business.



I’m on a mission to help home based coaches and consultants to be more productive, well, happy, and successful whilst doing more of what you want to do and less of the stuff you don’t want to!

In this 30 minute action packed session you’ll learn:

- My 5 Fundamentals for improving your ‘POWER to Live More’
- Why focusing on this stuff is vital for your health and wellbeing
- Tips & strategies you can implement today to give you more time and energy

## Jo’s Short Bio

(67 Words, in first person)

I am the creator of POWER to Live More CALM, an online membership resource for home based coaches and consultants to help them to be successful whilst getting to ‘live more’. We work on improving their marketing, productivity and wellbeing, in these days of overwhelm, whether that be physical, mental or digital, using my POWER to Live More 5 Fundamentals of Simplify, Systemise, Share, Self Care and Sustain.

## Jo's Longer Bio

(203 word, in third person)

After many years in the 'corporate world' in Retail HR, Jo Dodds started her own home based business in August 2005 publishing a local community magazine in her town. She expanded the business over the following three years to include, at one stage, eight local magazines. She did this mainly through business networking: connecting with local business people, getting to know them and helping them to achieve their business goals (and not necessarily through advertising in her magazines!).

After a stint supporting SMEs to improve their online marketing, including focusing on social media in its early days, Jo returned to her HR roots in 2012 working with organisations to maximise their employee engagement with a specialism in using social and digital tools to enable communication and collaboration.

She now works with home based coaches and consultants within her online membership programme helping to improve their marketing, productivity and wellbeing, in these days of overwhelm, whether that be physical, mental or digital, using her POWER to Live More 5 Fundamentals of Simplify, Systemise, Share, Self Care and Sustain.