

INTRODUCTION FOR 'TINA MURRAY

'Tina Murray has been designing lives for over 30 years. She uses her skills as a qualified interior designer to create personal growth solutions as a life coach, author and professional speaker specialising in INNOVATION, LEADERSHIP and POSITIVE PSYCHOLOGY.

When she was unexpectedly made redundant during the recent Global Financial Crisis, she intrinsically knew that she was on track to a more fulfilling life. More than six years single, with a mortgage and not much else, that night she told her friend, "This is exactly where I am meant to be."

'Tina has always been people focused with a keen interest in personal growth and wellbeing. Her wealth of experience in management and workplace planning and culture, combined with her personal philosophies around the connections between our physical, mental, emotional and spiritual wellbeing, are shared in her book *Design You: Create the Life You Want*.

Today, she shares her depth of experience in influencing how people behave, think, interact and feel to remind us that we CAN design our own lives through knowing ourselves inside and out.

PLEASE WELCOME 'TINA MURRAY!

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