

# Bring Some Zing to Your Women's Event!

Fun Presentations with Pizzazz by  
Radio Show Co-Hosts Mary Foley & Susie Galvez

## 10 Easy Ways Every Woman Can Increase Her Sanity, Confidence & Fun – Inside & Out!

Between juggling a career, kids, family and tough economic times, working women need to find easy ways to increase their sanity, confidence, and fun – now more than ever! Mary Foley and Susie Galvez, co-hosts of the *Girlfriend We Gotta Talk!* radio show, are here to help. In this interactive, entertaining session you will learn:

- What you must have within reach at all times on your desk or kitchen counter
- The real reason why you gotta have more than one girlfriend
- A simple way to make sure your look isn't older than you are
- The one thing you can do every day that's fast, cheap and easy that your mamma would be proud of
- And more!

Plus, you will have the opportunity to share your own sanity, confidence, and fun-inducing ideas, just like any good girlfriend would!

Light-hearted & Fun-filled!

*"Girlfriend We Gotta Talk!"*  
with Mary Foley & Susie Galvez



## Inside The Women's Success Studio

It's easy to recognize a successful woman; it's not so easy to understand what it took for her to get there. But that's precisely what every aspiring woman wants to know! Using their fun and engaging interviewing style, radio show co-hosts Mary Foley and Susie Galvez uncover the success strategies of your top performers, your industry leaders, and your corporate executives. Your audience will gain valuable insights for their own success when they hear answers to such questions as:

Energizing & Interactive!

- Share a story of a pivotal moment on your path to success. Why was this moment so significant and how can we learn to recognize similar moments for ourselves?
- What was your biggest mistake and what can we learn from it?
- What would your 8-year old self tell you to remember as an adult woman?
- In six words or less, what's your best advice for creating success and why?

## Mary Foley & Susie Galvez...

...are the Chief Talking Officers of the *Girlfriend We Gotta Talk!* radio show airing on WLEE 990 AM in Richmond, VA, and online all the time at [GirlfriendWeGottaTalk.com](http://GirlfriendWeGottaTalk.com).

Each week they talk and laugh with guests such as supermodel Kathy Ireland, ABC Good Morning America career expert Tory Johnson, and SELF Magazine editor Lucy Danziger – to help increase women's sanity, confidence, and fun.

*"I've done tons of media interviews and few have impressed me like Mary and Susie. They are true pros at creating a fun and engaging experience that allows others to shine and ideas to flow!"*

— Marci Shimoff, New York Times bestselling author



For more info, call Vicky Wells at 804-249-4749 or e-mail [maryandsusie@girlfriendwegottatalk.com](mailto:maryandsusie@girlfriendwegottatalk.com)