



A F.R.E.S.H. START

The 5 Secrets for Creating the "Total You"

Pillars for Success, Happiness and A Balanced Life

PROFILE

Collette Chambers Ogrizovic has been speaking nationally and internationally for more than a decade. Her keynote presentations, workshops, seminars and school/youth training have educated and engaged audiences of all ages and backgrounds. In creating a blueprint for her own life, she developed the Total You F.R.E.S.H. concept revealing that balance, success and happiness are attainable. Her interactive presentations have shown her audiences, they too, can be victorious in managing the various aspects of their lives.

Collette holds a B.S. in Information Systems from the University of the District of Columbia and an MBA from George Washington University. In addition to her speaking and coaching engagements, she is the Founder of the Women United in Prayer Ministry, CFC Management Inc. – a family owned Real Estate and Property Management company – and Total You F.R.E.S.H. LLC – an executive coaching, motivational and transformational speaking business. Amongst many other high – level positions she holds, she is also a wife and the mother of triplets.

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WHY I WROTE THIS BOOK

Family, Career, Education, Friends, Yourself. The Ups and Downs. A lot to juggle right? You may even be telling yourself, "Give up...I can't have it all." I'm here to tell you that you can.

Collette Chambers Ogrizovic, in her Amazon #1 Bestseller - *A F.R.E.S.H. Start: The 5 Secrets for Creating the "Total You", Pillars for Success, Happiness and a Balance Life*, shares her F.R.E.S.H. concept on how to:

- Manage finances
- Balance responsibilities
- Overcome despite life's challenges
- Apply daily practices to help get you through the tough spots
- Find time to take care of your health

"Total You F.R.E.S.H. is just what you need to change your life and start moving in a positive direction. Let Collette coach you to greatness by following her solid, road-tested advice!"

— Peter Colwell, Motivational Speaker and Author of *Spell SUCCESS in Your Life*

5 PILLARS OF F.R.E.S.H.



This book shares the concept of F.R.E.S.H. through real life stories relating to **Finance, Relationship, Education, Spirituality and Health (F.R.E.S.H.)** These are the five pillars for success, happiness and a balanced life. Collette navigates you through foundational building blocks in each pillar.



"Let's begin with your thinking. Once we get your thought process operating in a healthy, forward, positive movement, the rest is an enjoyable walk in the park. Knowing that is half the battle."