



**RetailRockstars**  
IN-STORE CUSTOMER ENGAGEMENT

# SHOW MENU

**SUMMER 2016**

## **OUR SHOWS**

We create amazing experiences to share with your customers in-store.

Our Rockstars are experts in their field and their advanced know-how creates SHOWS that deeply engage your customers. Attendee's of our SHOWS not only become your best customers but also your best advocates, telling friends and family about their remarkable in-store experience.

# SHOW MENU



## Discover Summer Paleo with Leah

**ABOUT THE SHOW:** This is an introduction to the paleo template with a new Summer menu.

Paleo eating is all the rage at the moment and Brisbane's very own Paleo expert Leah Williamson – who is, by the way, a celebrity in the Real Food eating movement, leads a 1-hr session with heaps of nutritional and healthy eating tips. Her new recipes are inspired by the warm summer weather with fresh salads, naturally flavoured almond drinks and demonstrations that you'll be salivating over.

Along the journey she fills you in on her personal discovery and WHY she's so passionate about REAL food. She's the head honcho up at Brisbane Paleo and has her own Social media and Blog following. If you're interested in what the paleo eating movement is all about you must check out Brisbane's own Paleo Guru herself.



# SHOW MENU



## Cooking for Health & Weightloss with Lisa

**ABOUT THE SHOW:** This is a workshop about eating triggers: the factors inside and outside our bodies that make us eat.

Learn how to trick your body by giving it what it needs, and disarm potential day to day booby traps in your environment, so you are set up to eat for energy, vitality and weight loss.

Lisa Cutforth is degree qualified with a Bachelor of Science with honours in Nutrition and Psychology, she has a Cert IV in Training and Assessing and she has a certificate in cor don Blue Cookery. She is the head honcho at a weight loss clinic, Size Fantastic, as well as the owner of Healthy Meals To Your Door, a healthy meal delivery service. She is super passionate about health and food and is known for breaking down unhelpful beliefs and taking health off the "too hard" shelf, by equipping people with simple and practical ideas and strategies.

In this 1-hr FREE workshop - you will learn how to identify true hunger from other urges to eat, get some tips on how to set up your kitchen so you are triggered to eat the right stuff. You will also learn some super hunger busting, craving and weight releasing tips and strategies... She'll also prepare a couple of quick meals and snacks that help to combat nutrient and energy deficiencies to keep cravings at bay, and improve your body's overall performance.

If you'd like to learn more about nutrition, the psychology of eating and how our body can be satiated and release weight naturally, without losing your mind and your health - this is a workshop you won't want to miss.

# SHOW MENU



## Cook Your Way to a Healthy Heart with Angela

**ABOUT THE SHOW:** Angela Jackson is a Holistic Heart Health Consultant, whose mission is to help women reduce their risk of Cardiovascular Disease naturally.

She has worked in some of London's top cardiac wards and has several degrees and qualifications including; Exercise Science, Western Herbal Medicine, Health Coaching & Fitgenes Genetic Testing.

After conducting several thousand-health consultations, Angela has developed her own five-step treatment methodology, which she currently uses in her practice at New Farm.

Cook Your Way To a Healthy Heart is a 1-hr workshop where Angela talks about 5 important factors in keeping your heart healthy. She'll also dive into the importance of high-nutrient wholefoods by preparing several heart friendly dishes that are not only great for your heart but are also full of fresh and lovely flavours.

She will also share her tips on how to stick with an exercise regime and how important supplements and herbs can be for a healthy ticker.

If your doctor is threatening to prescribe you medication for cholesterol or high blood pressure, then this is one workshop you won't want to miss.



# SHOW MENU



## Celebrate with REAL food with Annette & Jennifer

**ABOUT THE SHOW:** Have a party people talk about for months with delicious REAL food.

Our foodie experts and sisters Annette & Jennifer have run award-winning restaurants, anchor the 'Community Kitchen' radio show, have credentials in nutrition, co-authored two books as well as their own cooking school called Two Old Ducks.

Join these sisters for a 1-hr FREE workshop as they show you how to ditch the packaged cakes and other dodgy "celebration foods" for some wholesome, delicious dishes that are easy to make and sure to impress your guests.

They'll share some innovative recipes, cooking techniques and great ideas for birthdays like pork sliders with a lovely homemade slaw, homemade strawberry ice cream that takes minutes and some innovative side dishes too. This dynamic duo will have you planning your next celebration with family & friends in no time!



# SHOW MENU



## Miracles in the Kitchen, 5 meals in 1 hour with Ronsley

**ABOUT THE SHOW:** Ronsley Vaz is Chef to some of Australia's most successful entrepreneurs; his podcast averages 5,000 listeners a day and reaches over 94 countries.

Join him LIVE as he gives out his top-secret tips on efficiency in the kitchen. He also reveals the critical link between our nutrition and mental clarity. In this 1-hr workshop, he will prepare an entire week of food in just an hour, showing critical steps in making a "mother sauce" as well as supplying you with recipes and other efficiency tips. If you are a busy, and want healthier meals for you and/or your family this is a very limited opportunity to see this guy work his magic.

# SHOW MENU



## Paleo Meal Planning with Leah

**ABOUT THE SHOW:** Our resident Paleo expert, Leah Williamson – who is, by the way, a celebrity in the REAL food movement here in Brisbane, leads a 1-hr FREE workshop devoted all to meal planning, preparation and stocking your Paleo pantry.

This workshop is designed to help those just starting or already on their Paleo journey. It's a sneak-peak at the strategies and tips for sticking with the lifestyle and being successful in implementing it into your family's already full-on schedule.

Whether you've just started learning about Paleo or if you know quite a bit already, this is a great workshop to get your family better organised and prepped for Paleo success.

# SHOW MENU



## The Smart Home Show with Sam

**ABOUT THE SHOW:** Get the skinny on bringing all your connected devices together in your home.

Join our Smart Home expert Sam Buckby from SMARTER BUILDINGS in this 1-hr FREE workshop to look at some of the best new technology available for our homes. Get your gadgets connected to make the most of your; appliances, mobile devices, home security, lighting and more! Sam will cover off some of the biggest questions around creating smarter homes including:

- What's available to buy right now
- What's around the corner
- What our homes will look like in the near future
- What can you install yourself and what you'll need a specialists for
- How to make all this new technology work together so it's simple to use.

All attendee's will get a copy of Sam's latest book, **Homes with a Heartbeat**. Sam will even show you a few ways to make your home so smart it works all by itself! If you want to make the most of your connected devices and work towards living in a Smarter Home, this is a great workshop to help sort out the mess and get a home that is efficiently working for you and your family!



# SHOW MENU



## Embrace your Gluten-free'ness with Libby

**ABOUT THE SHOW:** It's a workshop on making the most of your Gluten-free ness!

Elizabeth Turnbull is a nutritionist, gluten expert and she also has qualifications in food science, teaching and a post grad in Public Health...she is crazy, passionate about whole foods, food intolerances & allergies.

In this 1-hr Free workshop, Libby shares her knowledge on Gluten and WHY it bothers so many these days. She prepares several gluten-free friendly dishes that are packed with tons of fresh herbs and beautiful flavours. Libby really gives 'Gluten Free'ers' a reason to celebrate with her innovative recipes and tips & tricks. If you or someone in your family is Gluten-free don't just eat the boring pre-packaged gluten-free stuff - learn from the PRO!

# SHOW MENU



## The Paleo Chicken Story with Leah

**ABOUT THE SHOW:** Leah Williamson, head honcho at Brisbane Paleo and Nourishing Conversations has an amazing show all focused around the humble... yes, you guessed it, chicken.

Using one whole chicken, she prepares, cooks, reuses, makes bone broth and prepares several different dishes while providing cooking tips and nutritional information along the way. You may NEVER look at chicken the same way again. This is a great class for busy Moms or business people!

# SHOW MENU



## Kids & Food, Healthy strategies for thriving children with Libby

**ABOUT THE SHOW:** This is a workshop for parents who want to improve their children's nutrition and instil a love of good food.

Elizabeth Turnbull is a nutritionist; she also has qualifications in food science, teaching and a post grad in Public Health... she is super-passionate about whole foods, allergies and establishing healthy eating habits for kids.

In this 1-hr FREE workshop, you'll not only learn how to be a better role model but also establish life-long healthy food habits for your children. Libby delivers lots of tips for overcoming fussy eaters, prioritizing meal times and getting kids of any age involved in meal time and preparation. She also demonstrates some really healthy meals that are not only fun to make but also really nutritious.

If you'd like to teach your kids how to eat mindfully, respect and value the role of good food as well as set them up for better quality of life, this is a wonderful class for you to attend.

# SHOW MENU

## WHAT DO WE PROVIDE?

### EVENT MANAGEMENT

We manage the entire event from start to finish; RSVP's, special offers and attendee name badges. You can either elect to say a few words at beginning/end or ask us to.

### MARKETING

We create event graphics for in-store flyers, digital as well as Social Media images. Included is a Geo-targeted social media campaign and our Rockstars also promote your SHOW throughout their media channels.

### REPORTING

At the end of each SHOW, we provide you with a "SHOW Snapshot", which includes attendee survey data, RSVP's, attendance and drop off rates and a recap on marketing Mix and social media metrics.

### EXPERTS

Our Rockstars are absolute experts in their industry, many are authors, keynote speakers and all own their own businesses/practice. I work personally with each Rockstar to ensure your customers get ton's of value, FUN and FREE knowledge on the day.



**FOR AVAILABILITY, PRICES AND TO BOOK YOUR OWN SHOW VISIT:**

**[retailrockstars.com.au](http://retailrockstars.com.au)**

**AND CLICK ON REQUEST A QUOTE**



**RetailRockstars**  
IN-STORE CUSTOMER ENGAGEMENT