

Living in Harmony with the Planet Workshops

Workshop Presenters Wanted

Self-Sufficiency is the Way to the Future for the Planet

I'm looking for self-sufficiency orientated people that care about the future of our planet to share their skills and experience with others.

Use your practical knowledge to encourage and educate people about the benefits of self-reliance and environmental responsibility.

Earn extra income doing what you do best!

I have developed a range of workshops based on my 30 years of writing and researching in areas of self-sufficiency & environmental responsibility. I have now been running these workshops for 4 years and they have become a very successful enterprise.

Demand exists for similar workshops to be run in all areas of Australia.

It's an opportunity for you to also build income and educate others.

Pam Marshall – The Self-Sufficiency Shoppe

Introductory Package

How to develop your workshops into a successful & fulfilling enterprise. Contains: Specifics about each Workshop, Your Contribution – Workshop Design based upon your skills, products and experience, Building Income, Developing Contacts, Promotion & Advertising, Tips for Success, Understanding the Workshop format and process, Additional Sales and Income Opportunities, Business Development, plus other useful information: participant workshop order forms, participant contact list, advertising examples, display set-up ideas, promotion letter, and more. Includes product sample and promotional material.

Price: \$150 (plus \$5 postage and packaging)

Individual Workshop Packages

There are 7 separate workshop packages to choose from covering a range of topics.

Select one or more that suites you, i.e. that you are familiar with and already integrated into your lifestyle.

The Packages are very comprehensive containing everything you need to run your own workshops: General Overview, Certificate of Authenticity, Steps for Starting the Workshop, Area layout & equipment, Your Contribution (Designing the workshop to your skills & knowledge), Workshop Format, Additional Workshop Notes, Commonly Asked Questions, Packing Checklists, Promotional material and more.

Includes relevant booklet set and 3 sample products for each workshop.

First package includes Introductory Package:

Price - \$550.00 plus \$10 postage & packaging

Individual workshop packages:

Price \$450.00 each plus \$10 postage and packaging.

'Getting Started' Package

Consists of **Introductory Package, 2 Workshops** (of your choice) and **Retail Set** of Information Booklets for additional income and sales (225 booklets – 3 of each of all 75 titles)

(Normal price: \$150+ \$450 + \$450 + \$210 = \$1,260)

Price: \$1,100 plus \$15 postage & packaging

Special Offer:

Workshop Presenter Starter Package

Everything you'll need for immediate start in running workshops and additional workshop sales.

Contains: **Introductory Package**, the five most popular workshops: **Green Cleaning, Natural Skin Care, Personal Care, Soap-Making and Chemical Free Household, Retailer Booklet set** (225 booklets), 70 **individual Booklet Sets** (relevant to each workshop), 15 **Sample Products** (3 for each workshop), 3 each of **Sample Packs** (9 packs), 20 **spray bottles**, 25 **'lip salve' sample pots**, 100x50ml **sample pots**, 25 **soup moulds**, 20 **bath bag fabric squares**, 5 blocks **beeswax** (50g) and 2 (200g), 1.5 kg **oatmeal**, 10 **Shoppe promotional bags**.

Total value: over \$3,390.

Price: \$3,100 plus \$20 postage & packaging

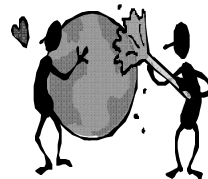
Your personal skills and practical knowledge are vital to making these workshops a success. They are designed for you to integrate your areas of interest into the format to promote and sell your own products or activities. The basic aim of the workshop is to demonstrate to people how easy it is to do what's right for the planet (and ourselves) by being 'green', self-reliant and resourceful.

Workshops are very practical and hands-on encouraging people to make and create products in the workshop environment to take home.

There are 7 separate 2-hour Workshop Packages to choose from:

1. Green Cleaning (Cleaning for the Planet)

Deals with: 4 basic ingredients for ALL household cleaning: bi-carbonate of soda, vinegar, pure soap & eucalyptus oil that can be used as a replacement for commercial cleaning products (including detergents). Focuses on responsible, safe and environmentally aware affordable cleaning alternatives and techniques. Offers recipes and formulas for a range of homemade cleaning products.



2. Soap-Making & Recycling Soap

First part covers the basic soap-making recipe (like Grandma used to make) with variation for making oatmeal soap.. Second part deals with recycling soap – turning soap scraps or bar of soap into other types of soap products (that are environmentally friendly alternatives to detergent). Includes making liquid soaps, homemade detergent alternatives, and covers soap-savers (all using natural safe ingredients)

3. Personal Care Products

Covers making simple and safe homemade deodorants (sprays and powders) from kitchen and garden. Natural Hair-care techniques and alternatives – including homemade shampoos, conditioners, dry shampoos and herbal hair-care, homemade & natural hair dyes and rinses. teeth-cleaning and mouthwash alternatives & foot-care products.

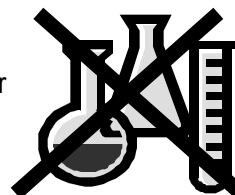
4. Natural Skin-Care

Covers easy skin-care techniques and products using 5 basic ingredients for making astringents, masks, scrubs, cleansers and moisturisers. During the workshop people make simple homemade cosmetics/skin creams, scrubs, lip salves and astringent. Herbs from the garden, beeswax, almond oil and oatmeal feature strongly as the main ingredients. Includes general body and hand care. Workshop ends making a simple lip salve to take home.



5. Chemical-free Household

Covers Chemical-free cleaning, skin care and personal care (including hair and oral care and deodorants). Chemical free insect control (house & garden) Making environmentally safe household sprays (including alternatives to aerosol sprays). Chemical free deodorisers and air fresheners. Beeswax products. Chemical free gardening. Soap substitutes – alternatives to soaps & detergents.



6. Old Time Kitchen Skills

Covers: Making butter, yoghurt and cheese. Food preservation techniques: Turning garden produce and plants into jams, cordials, preserves, dried food, etc. Homemade (and tasty) food alternatives to commercial products. Coping with shortages by finding substitutes. Basic cooking versus processed food – back to the basics in the kitchen. Making fullest use of garden produce in the kitchen.



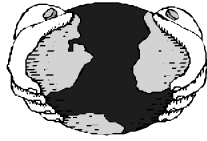
7. Green Fingers

Covers: Simple backyard or container vegetable growing. Composting for the beginner. Creating an environmentally aware garden. Recycling and reusing in the garden (including plants from cuttings, bulbs, etc.). Making fullest use of what's in your garden – for cooking, cleaning, herbal products, deodorising, healing, insect repellents.

If you would like to discuss your workshop requirements please feel free to phone (08) 8374 2531 or email: pam@theshoppe.com.au

Many thanks

Pam Marshall



-Living in Harmony with the Planet-

Workshop Order Form

Name of Workshop Presenter: Ph

Address:

Postcode: email: Date:

◆ Workshop Introductory Package (\$150 plus \$5 p&p)	\$
◆ My first Workshop plus Introductory Package (\$550 plus \$10 p&p) Workshop Package: (Please write your workshop choice).	
◆ Getting Started' Package (\$1,100 plus \$15 p&p) Workshop Packages: (Please write 2 workshop choices).	
◆ Additional Workshops (\$450 each plus \$5 p&p) List your workshop package choice/s:	
◆ Workshop Presenter Starter Package (\$3,100 plus \$20 p&p)	
Total Cost of Order	\$

Payment Options:

- Cheque** **Money order** **Internet or direct bank payment**
 Credit Card (via PayPal: www.paypal.com)

Payment: All orders must be pre-paid via cheque or money order or direct bank payment (details below). Please make cheques/money orders payable to The Self-Sufficiency Shoppe. If paying via the internet please email notification to: theshoppe@tpg.com.au

Internet Banking or Direct Payment: into the The Self-Sufficiency Shoppe Account: Account details National Aust. Bank (BSB) 085183 (Account No.) 46-678-8020

Send your order to: The Self-Sufficiency Shoppe P.O. Box 390 Park Holme 5043 SA. Internet banking or direct payment orders may be emailed to:

theshoppe@tpg.com.au Phone: (08) 8374 2531 **www.theshoppe.com.au**