

New Life Solutions
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FOR IMMEDIATE RELEASE

Like To Take Leadership Of Your Life?

Here's Tips to moving forward

Rockhampton: Gaye O'Brien is passionate about inspiring teachers, parents, business owners and individuals to perform better and enhance their lives.

She recently presented to first year education students some techniques to show them how to manage their stress levels and become better teachers.

Jacob Borich said, "It was an incredible experience to have Gaye come in and visit us. I learned so much and believe that her words have influenced me to become a more successful teacher."

"24-40% of teachers drop out of the industry in the first five years due to frustration and burnout, and then have to be replaced," Gaye said.

"If I can give students a way to become more aware of how to manage their emotions, seek support from their mentors and clearly establish their boundaries, I believe this will help them to choose teaching as a longer-term career choice," she added.

Gaye is an NLP Trainer and has also taught in many areas of the Education sector. She worked with parents, colleagues and students and has recently written a book, "*NLP Essentials for Teachers: The Art of Encouraging Excellence in Your Students*".

The Neuro-Linguistic Programming (NLP) toolkit incorporates specific language patterns and allows a person to improve their outcomes by changing the way they see things in their mind.

Gaye is also a featured author in another book, "*Adventures in Manifesting: Healing From Within*," and hosts regular live events to assist individuals to transform their lives. A home study program is also available.

She is conducting a one-day workshop "*Take Leadership Of Your Life*" on Saturday, 24th August. The transformational workshop will enable participants to adopt empowering beliefs, a growth mindset and align values to what is desired in life. To register, visit www.gayeobrien.com



PICTURE CAPTION - Gaye O'Brien is pictured here with Senior Lecturer Bill Blayney, and first Year Education Students, Mia Webster, Carole Van Loggerenberg, Tabitha Kitchener, Shantelle Drake, Kodie Hope, Bec Hall, Jacob Borich and Kiara-che Geddes.