

ARE YOU TOO BUSY TO WATCH THIS?

Are our lives so complex and fast-paced that we need to pay experts to help us live them more sanely?

**EPISODE ONE:  
The Lifestyle Assistant**

... think *I Dream of Genie* meets time and motion engineering ... dynamic, ex-Scotswoman, **Sharon Runciman**, is **The Lifestyle Assistant**, a new breed of domestic manager. Sharon promises to give back to her time-poor clients the time to enjoy life again. More than simply taking chores off their hands, Sharon does a complete domestic audit, flushing out inefficiency and outdated household systems.

But what is it like to hand over your life to a lifestyle expert? In this episode we meet two very different clients encountering Sharon for the first time.

# THE LIFESTYLE EXPERTS

**EPISODE TWO:  
The Life Coach**

...think Soccerroos' Gus Hiddink meets your wise aunt...vivacious and optimistic **Poppy Pavlides** is **The Life Coach**, working with the drive and determination of a sports coach to help her clients achieve hard-to-reach personal and professional goals in life. Through a rigorous programme of twelve coaching sessions, two of Poppy's newest clients work hard to stay motivated and persist until the finish line.

Whereas once a friend or partner may have helped us talk through difficulties in our lives, today those closest to us are often too stressed or tired themselves to help out. Is a Life Coach the new helping hand for those of us that can't see a way to help ourselves?

WHO DO YOU CALL WHEN YOU'RE TOO BUSY TO SORT YOUR LIFE OUT?

# THE LIFESTYLE EXPERTS

A TWO PART DOCUMENTARY ON THE NEW PROFESSIONALS WHO PROMISE TO RE-BALANCE OUR WORK AND FAMILY LIFE

Narrated by JULIA ZEMIRO