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simply taking chores off their hands, Sharon does a complete domestic audit, flushing out inefficiency and outdated household systems.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.

EPISODE TWO: The Life Coach

...think Socceroos' 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.

ERTS

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?

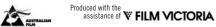
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WHO DO You Call When You're Too Busy

TO SORT

OUT

YOUR LIFE





RF-RALANCE

DUR WORK AND

FAMILY LIFE

rated by JULIA ZEMIRO

