



Get
REMARKABLY
Organised

**BLENDING CAREERS &
FAMILIES**



**UNIVERSITY OF
CANBERRA**



NEWS

'First talent agency for bloggers' launches

May 16, 2012 12:33
by **TIM BURROWES**

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Naked Communications PR manager Lorraine Murphy has left the agency to launch a talent agency for bloggers in what she claims is an Australian first.

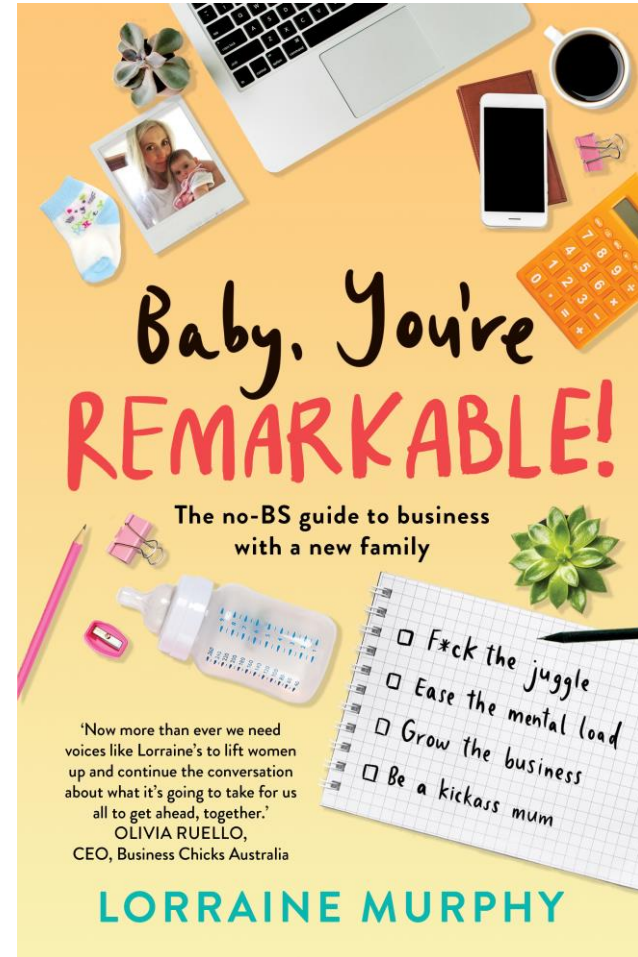
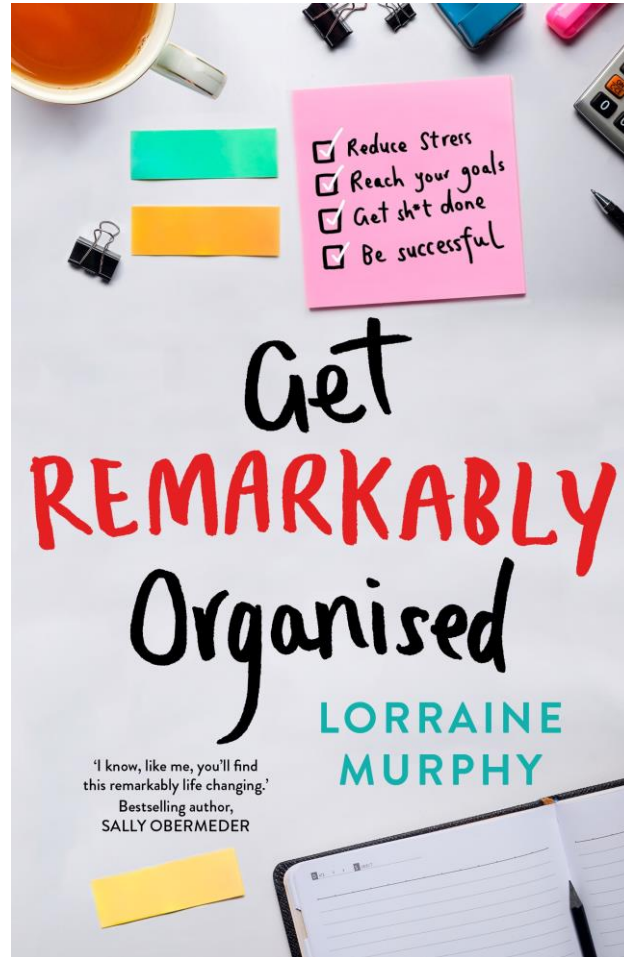
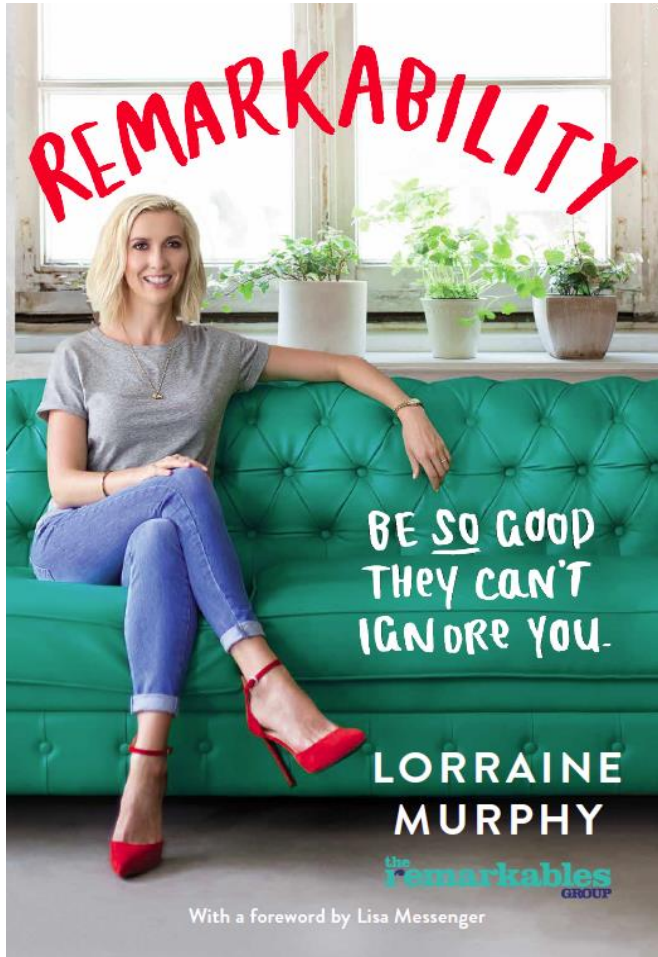


Murphy has launched [The Remarkables Group](#) with an initial roster of five mummy blogs including Eden Riley, whose blog [Edenland](#) was named [blog of the year](#) last week in awards organised by the Sydney Writers Centre. Also on the roster are Woogsworld, Styling You, A Beach Cottage and BabyMac.




A blogger talent agency to help brands unlock the potential of blogger partnerships







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A woman with blonde hair, wearing a red dress, is shown in profile, talking on a mobile phone. She is standing in a large, industrial-style space with high ceilings and structural beams. The lighting is dramatic, with strong highlights and deep shadows. The background is slightly blurred, emphasizing the woman and the text overlay.

BOOKS

MENTORING

SPEAKING

**TEAM
TRAINING**

**ONLINE
PROGRAMS**



Get
REMARKABLY
Organised

FIRST, WHAT IS BEING ORGANISED?

- Switch from being reactive to proactive
- Mostly feel on top of commitments and tasks
- Downtime can actually *be* downtime!

TAKING CARE OF YOUR FUTURE SELF



1. MANAGE YOUR SELF TALK

- The J Word & why it sets us up for failure
- Words have power – what can we say instead?
- Be a private investigator of your own self talk



2. BE STRATEGIC WITH YOUR WEEK

- Take time to plan your Perfect Week
- Weekly planning session: helicopter view of next seven days
- 30-60 minutes at the weekend
- Colour code calendar

Get REMARKABLY Organised

THE PERFECT WEEK

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:00am							
6:00am							
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							
11:00pm							

...Make it happen!

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LM



MON

5

TUE

6

WED

7

THU

8

FRI

9

SAT

10

SUN

11

(Proposed) Tink 000- US w TEAN

Michelle in Bali

Lorraine will be on the GC

Iva
7am - 5pm

Lexi Day
8am - 6pm

Markets
8 - 9am

fly to Gold Coast - 8
9:30AM
8 - 9:30am

Flight to Gold Coast
8:10 - 9:30am
Sydney SYD

Lorraine/Michelle WIP
8:30am, phone - Michelle to call

Hair
8:45 - 9:45am

Lexi swimming class
9 - 10am

Cook-up Club
9am - 12pm

Lexi swimming
9 - 10am

Meeting with Trudi & Vanessa - Numeric 8
10am, Numeric Eight Bookkeeping and Acco

Accountability call with Lucy, 10am

Filming with
Murphy
10 - 11:30am
91 Holterma

Filming with Zoe
10 - 11:30am

Video Testim, 11:15am

Mentoring Session with Brooke
12 - 3pm

Kristy Goodwin Mentoring Session
10:45am - 1:45pm
13 High St

Welcome Call with New Mentee 1, 12pm

Yoga
12:15 - 1:15pm

Cook-up
12 - 2pm

CONFIRMED: Sleep Mamma Event - Gold
Coast
10am - 2:30pm
Osteria Casuarina

HOLD for Power Pla
Presentation
1 - 3pm

Power Players @
Business Chicks
1 - 3pm

Follow up call with Anna, 1:30pm

Accountability Call with Sheena, 2:30pm

Jacqui
3:30 - 4:30pm

Cook-up Club
2 - 5pm

Cara & Oscar's party
2 - 4pm
Petersham Bowling Club

Flight to Sydney (VA 536)
5:05 - 6:35pm
Gold Coast OOL

Dinner together
7 - 9pm

Sarah coming for dinner
7 - 9pm

Yoga
7:15 - 8:15pm



3. ESTABLISH A POSITIVE MORNING ROUTINE

SILENCE

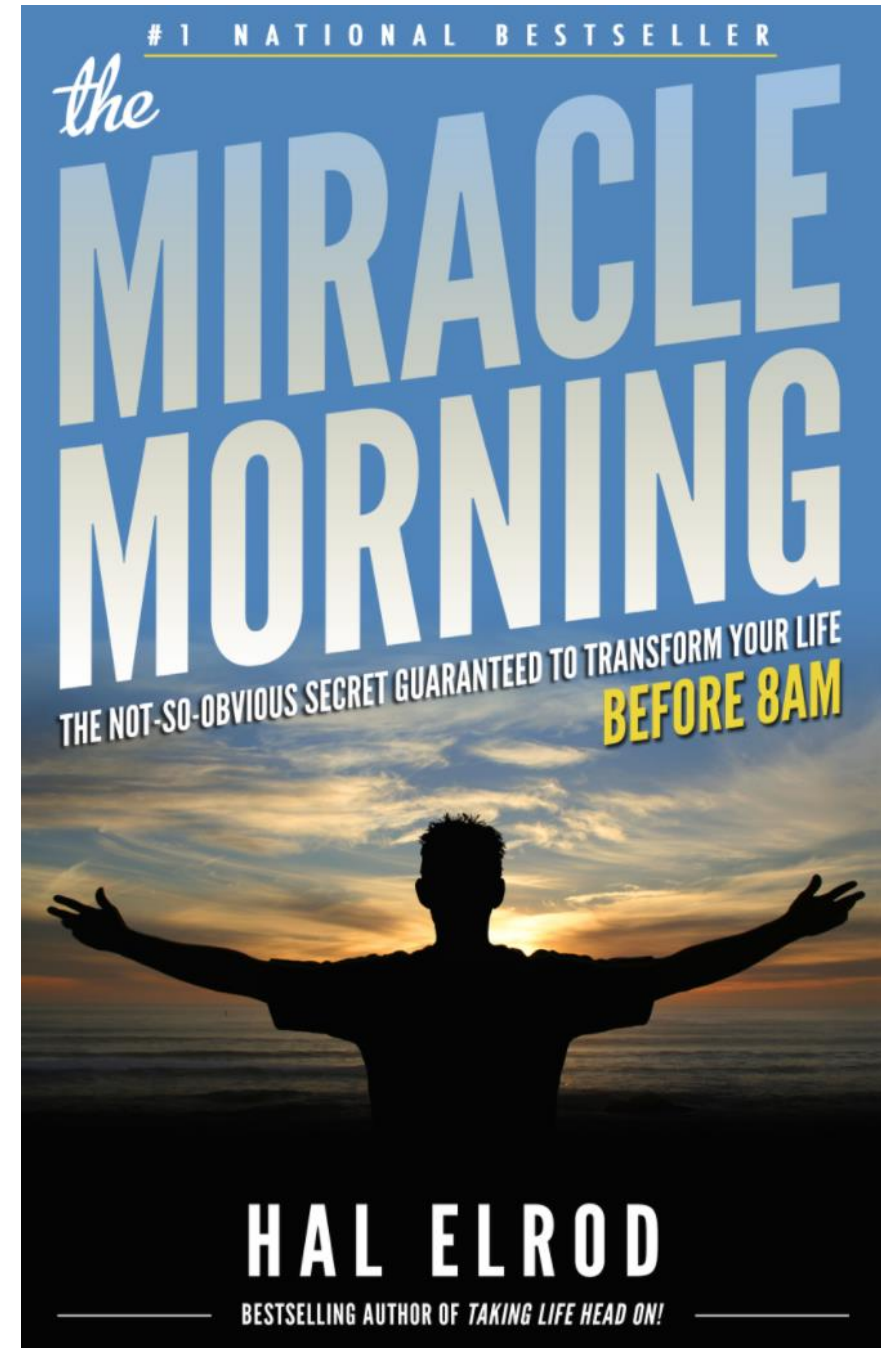
AFFIRMATIONS

VISUALISATION

EXERCISE

READING

SCRIBING



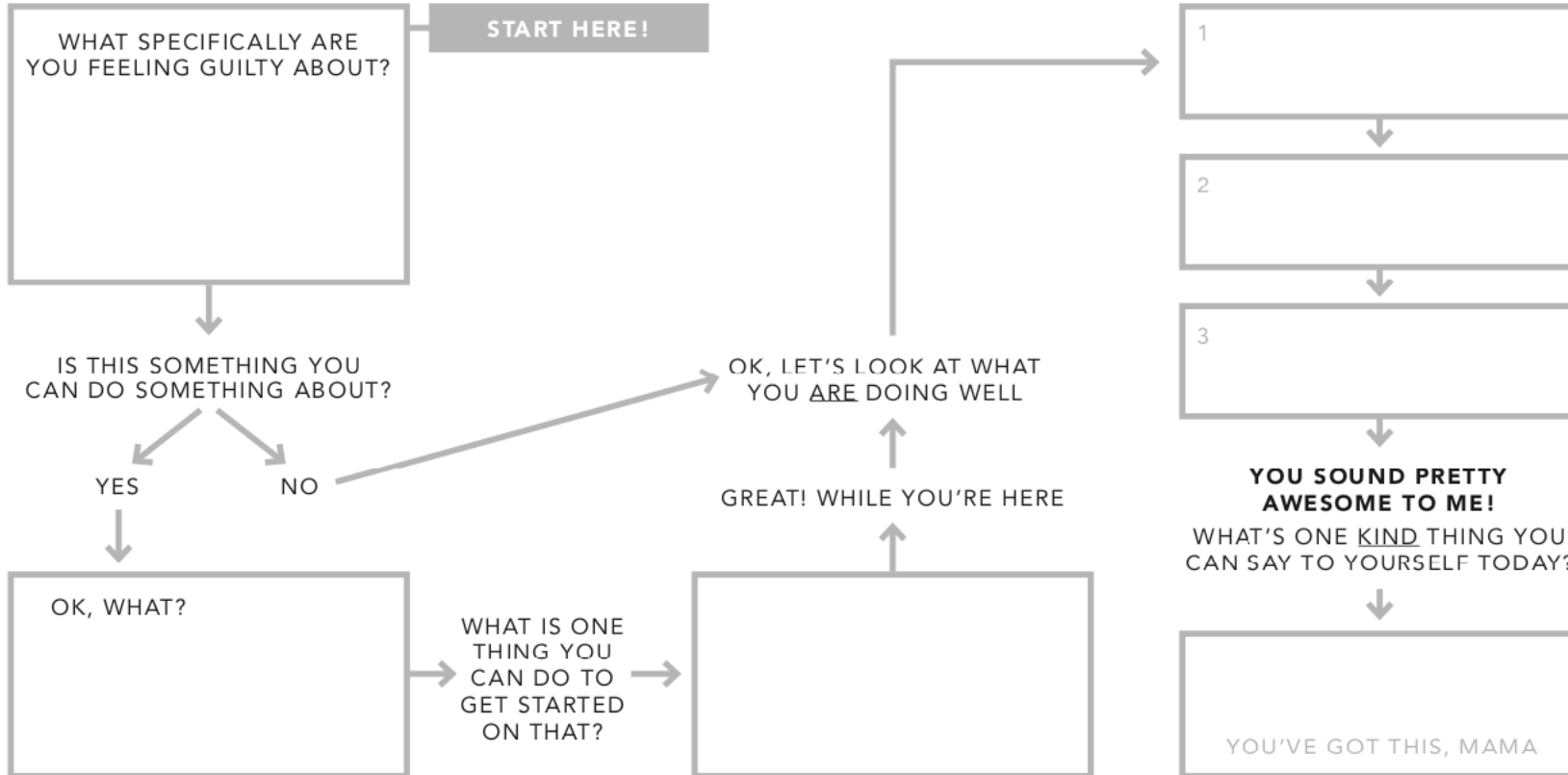
4. KICK MUM GUILT TO THE KERB

- “Guilt is a wasted emotion that serves no-one” – Emma Isaacs, Global CEO of Business Chicks
- Recognise what you ARE doing well: with recognition for yourself, Mum Guilt falls away
- Build your tribe of like-minded parents
- Have my Banish Mum Guilt worksheet ready for emergencies!





BANISH THE MUM GUILT



...Make it happen!



5. FILL YOUR OWN TANK

- Can't help others if we're feeling exhausted, depleted and/or resentful
- Identify 3 activities that fill your tank
- Do at least one of them a week, or every day if you can
- Give yourself permission – don't wait for others to give it to you



PLEASE REMEMBER TO...

1. Layer gradually
2. Remember small steps trump major life overhauls
3. Be kind to yourself



A GIFT FOR YOU...

- Four-step audio mentoring guide valued at \$99
- **Download for free from:**
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