



Shape YOUR WORLD

Total Makeover challenge

GROW.EVOLVE.EMPOWER

SHAPING YOUR WORLD...

12th Edition—March 30th, 2017

In this issue:

- Its Voting Week
- The Apprentice recap
- Video—Feeling on Purpose
- Coming Events

SHAPE YOUR WORLD SOCIETY
2nd Annual **Total Makeover Challenge**
Karen Conley, 2016 Winner

VOTE NOW for your favourite challenger!
Voting for Top 5
ends Thursday April 6th at 12pm
langleytimes.com/contests

LITTLE BLACK DRESS
Cocktail Party & Auction
PLUS Announcing the Top 5 & Wildcard
Wednesday, April 12
Doors open 6:15pm
at Sammy J's
#101-19925 Willowbrook Drive, Langley
Tickets \$35 each - call Anita: 778-903-1411

Proudly benefitting Shape Your World Society and BC Women's Hospital & Health Centre Foundation

www.TotalMakeoverChallenge.com
For more info: info@shapeyourworldsociety.com

Sponsored by: **THE NEWS**, **LOVE YOU**, **STOP CANCER DENTIST**

Congratulations to Langley for being the Biggest Loser this week!

Click on the Abbotsford and Langley ads to vote now!



Together Abbotsford and Langley's Top 15 lost 44.2lbs this week. That's as much as 29 lpads!

SHAPE YOUR WORLD SOCIETY
9th Annual **Total Makeover Challenge**
2014 Winner Niki Cross

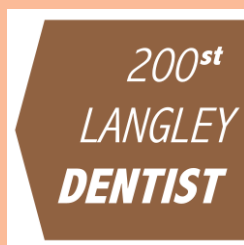
VOTE for your favourite challenger!
Choose the TOP 5
ENDS APRIL 5 @ NOON
abbynews.com/contests

LITTLE BLACK DRESS
Cocktail Party & Auction
PLUS Announcing the Top 5 & Wildcard
Tuesday, April 11th
Doors Open 6:15 pm @ The Phoenix Ballroom
Tickets \$35 each - call Jenny: 1-866-528-8799

Proudly benefitting Shape Your World Society and BC Women's Hospital & Health Centre Foundation

Presented by: **THE NEWS**, **LOVE YOU**, **STOP CANCER DENTIST**
Diamond Sponsor: **MSA FORD**

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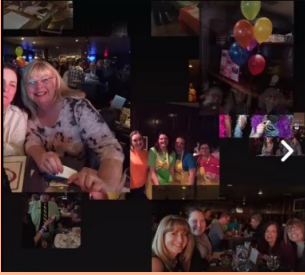


Thank you to our Diamond Sponsors for making the Total Makeover Challenge 2017 possible!

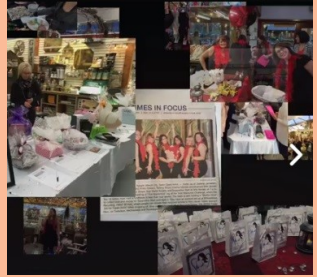
The Apprentice—Congratulations to all the amazing teams for putting on such incredible events! Proceeds from these events go to Shape Your World Society and the charities listed below.

Click on the below images to go to FB for more details.

LANGLEY



Nine Strong—proceeds go to Breakfast Club of Canada.



The Pink Ladies—proceeds go to Gateway of Hope.



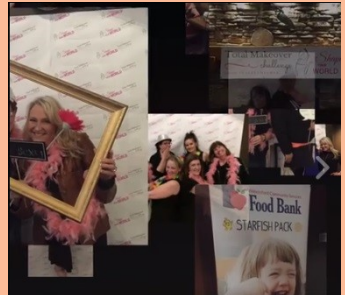
Open Arms—proceeds go to Supportive Start.



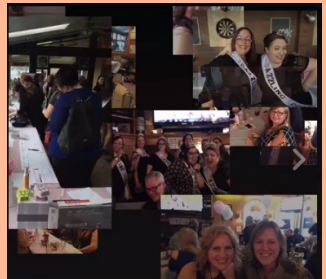
ABBOTSFORD



The Rack Pack—proceeds go to Abbotsford Community Services



Team Dollar and Sense—proceeds go to Abbotsford Food Bank Starfish Program



Dazzling Divas—Proceeds go to Meadow Rose Society.



Spring is finally upon us! The weather can have such a dramatic impact not only on how we look, but also how we feel! Making a few small changes in your daily routine with the right products will help lift your spirits and awaken your spring look!

Let's talk masks. A facial mask or an instant treatment patch, is the fastest way to bring life to your face, plump those lips, or reduce puffiness and bags around the eye area. VICHY has created three new masks for you to take home and experience instant results. Sold in convenient single-use pouches, the Quenching Mineral Mask, Pore Purifying Clay Mask and Double Glow Peeling Mask cater to every skin type and need.

Another company offering you instant results is Lise wavier. These volume enhancing lip patches give you the plump and pouty lips of the season! You are only 20 minutes from an enhanced look that will last the whole day!

Top these pouty lips off with the newest lipstick to Launch from this empire of color. Rouge Intense Supreme lipstick will give you intense color and extreme hold for your new spring look.

Your favorite Beauty Boutique expert is waiting to help you spring into the season!

WHAT'S ALL THE TWEETING ABOUT?

Online and offline marketing is inviting you daily to "Follow Us on Twitter."

You've taken a look at Twitter and you just don't get it! And why should you even care?

Brands are moving to social media as a way to interact, share information, provide customer service and build relationships.

The most up-to-date news stories are being shared on Twitter first, as this fast-paced micro-blogging platform makes it easy to share information quickly without needing a lot of detail.

3 Tips to help you get started

Choose a short Twitter name, if possible. (mine is @partnerinbiz, but shows up as Tracey Ehman)

Write posts that are about 110 – 120 long including your Twitter name so they can be easily retweeted.

Be sure to add your Avatar – it can be your photo, or something that would be recognizable to your potential followers, like a company logo. (As a rule I don't follow those with only the default avatar.)

4 Twitter Terms Explained:

Follow – when you are interested in someone's content, or they are interested in yours, you can "follow" them, which means that their posts will appear in your Home Feed.

Retweet (RT) (↻) – when you want to share the information someone else posted on Twitter, you can click on the Retweet icon, and share the post.

Favorite (☆) – If you see a post you like, that you might want to come back to, "favoriting" it will make it more easily accessible. It is also used to let people know that you like what they have posted.

Hashtags (#) – using hashtags # allows you to tag a particular subject, which can then be easily searched by others who want to know about it. ie #SocialMedia

If you want to learn more about Twitter or Social Media in general and how it can help your business please go to [Ask Tracey](http://www.partneringinbusiness.com/ask-tracey) and enter your question.

<http://www.partneringinbusiness.com/whats-tweeting/>

UPCOMING EVENTS

The Little Black Dress Cocktail Party—April 11, 2017 at the Phoenix Lounge in Abbotsford. Ctrl Click on photo for link.



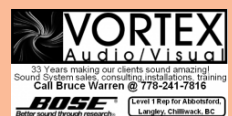
The Little Black Dress Cocktail Party—April 12, 2017 at Sammy J's in Langley. Ctrl Click on photo for link.



Feeling on Purpose- Thank you to Monique Macdonald who shared the Sacred Gifts with us! (Press Ctrl and click on the image for link)



If you would like to volunteer, become a sponsor, or donate to Shape Your World Society, please see our website www.totalmakeoverchallenge.com or send an email to info@shapeyourworldsociety.com.



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Our email address is:
anita@shapeyourworldsociety.com

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