

Stress Less Solutions

30th October 2010

G'Day Oprah Winfrey

A big **Thank you** for visiting Australia... I'm positive you are going to enjoy your stay ☺

What a courageous and inspiring women you are – you are an independent women worldwide. You share your fortune with those who are less fortunate.

I heard through a close friend that there was an opportunity to send you a letter. I thought what **IS** it that **I COULD** say **TO SOMEONE LIKE YOU**...other than a big thank you for who you are.

I've been **inspired** by you over the years, on how you make an **impact on all walks of life**, how you are open to share your life story so others can learn and grow from it.



*Here's a **quick glance** on my journey to date...*

What I learnt and how I **succeeded** in **LIFE** by the age of 23

I was a **drop out** in year **10**, hated school, could barely **spell**. **Maths, grammar & reading** were far from being my talent; in fact I was borderline **Dyslexia!**

Now I successfully own an investment property and home, I am married and working for myself! How? Simply by turning a **PROBLEM** into an **OPPORTUNITY**...

I left school at the age of **15** having not finished year 10... I started my **Certificate II in Administration** Traineeship. I slowly built confidence and knew I'd made the right decision. After a year I was employed at a Business Coaching & Training organisation. It was an **Administration Associate** position. I slowly started to make my way up the ranks and after a few years an **opportunity** came up and I was **promoted** to **Office Manager**.

It was such an **achievement** to get to this point; I had become so **knowledgeable** in so many areas.

I now work for **myself** as a sole trader, taking on contracts to Small Businesses and assisting the Owner to implement systems and share my knowledge throughout the company.

I've created a website, were I aim for it to be a **resource** to all walks of life; the aim is to provide "**Stress Less**" solutions. As you do, I want to share my story and know that others will gain from it.

There's another side to my journey... The last three years, my **Dad** has been **battling with Cancer**...it has now spread throughout his body... 3 years ago he was given **2 years to live**. My Mum has searched the world for treatments (natural) and has encouraged the family to be positive and keep strong. He's been on a **STRICT** diet and many other daily routines to heal his body from this disease. He's had great results and not so good results... he's currently undergoing **Chemotherapy**, alongside many natural therapies and is well on his way to **healing** his body and **removing the cancer cells**.

As you can imagine this has been a very **emotional** and **challenging** time, to see my Dad go through this and to hold my head up high and be so positive that he will get through this. **I now live everyday to the absolute fullest**. To have experienced this has opened my eyes, I now assist others who also go through such difficult times.

To wrap it up, I'm very proud of what I achieved to this point and thank you for inspiring people like myself to step out and achieve.

Thank you for reading my story, enjoy your stay in Australia Oprah.

Tracy Egyud

www.stresslessolutions.com.au