



If you need a week programme, then I'll do a week programme.

A morning session? Done! I'll make it happen.

I think outside the box. You inspire me to do something great.

And in between we'll eat together, laugh together and learn together.

### **Results?**

We are all human, with flaws, emotions, ups-and-downs.

This is a journey to get you back on track. I take the first step with you. We walk the walk. I steer you in the direction that will take you towards your goal, your purpose. I'll be your sparring buddy for ideas on your future

So whether there's a burnout on the horizon, work crisis, mismanagement or team disputes; or if you feel you need a push in the right direction - then motivational training is the fixing tool. The mediator.

### **Where Sashka comes from;**

Where to begin? Sashka is both bizniz and play!

Ballet classes at age five was the building block for a lifetimes worth of practice in dancing and drama for her.

Freestyle and hip-hop were the ways Sashka expressed herself. She excelled at national competitions, choreographed dances and learnt the trade of using the body for expression.

Soon she also participated in drama and rocked at it - ending up traveling with a national company.

At an early age Sashka was working backstage at the State Theatre in South Africa learning the ropes from actors and actresses.

She worked at a ski school, was a youth leader at a church and was a photographer for a while.

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[www.flameboxconsulting.com](http://www.flameboxconsulting.com)

She then studied marketing and communications with the AAA Marketing and Advertising School in South Africa.

Honed her skills at Swarovski, Austria, in the business-to-business section, as marketing and communications manager.

She was also chief editor of Swarovski's b2b magazine and was hands on with their

fairs, events and logistics.

Harrods and Swiss Carand'ache also had her on their excellent teams.

ONE cellular network - Orange in Austria - also employed her talents.

Now she runs Flamebox Consulting as a marketing specialist and creative motivator.

And she teaches Zumba dancing for fun!

She is also furthering her studies in marketing and industrial psychology - need to keep that old brain thinking!

So, creative motivation with Sashka is like Shakespeare goes business – She's super creative and pouring all those skills into making your bizniz creative.

It's all a massive great mix-up of marketing, drama, psychology, dance, presentation skills, communications and the use of your body and body language.

She sets the scene, selects the cast (you!), writes the play, and then together you act it all out.

She'll be your sparring buddy in all the acts.

**So...**

Give Sashka a shout or drop her a mail on [sashka@flameboxconsulting.com](mailto:sashka@flameboxconsulting.com)

Then you can switch of your worries and together with her you can get you and your company creatively back on track.

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