



**Speaker:**  
**Larissa Zimmerman**

BSc (Mathematics)  
DipFS (Consumer Ed)  
Cert IV in Fitness (Personal trainer)  
Cert IV Workplace Assessment and Training

Larissa's professional experience includes Defence logistics, Federal Police family liaison and small business management, as well as physical fitness training. Twice selected to represent the Australian Army overseas, as well as Rotary International, Larissa is well conversed to relate with all ages across many cultures.

In 2002 Larissa chose to work two days per week exploring different employment opportunities. Her mid life assessment reached its climax when she chopped her hair, bought the motorbike, got rid of the man, got out of the Army and got eight part time jobs at once. With three negatively geared investment properties she had to quickly gain control of her finances. Now, with much life experience under her belt, Larissa is the Director of National Financial Fitness. Her professional yet humorous delivery of sometimes sensitive issues has her frequently requested to deliver training. She has **personally trained over 2000 people**, from teenagers to seniors, in the skills required for a healthy Mind, Body and Wallet.

An international speaker and author, Larissa has a Diploma in Financial Services in the stream of Consumer Education, possibly being the first Australian to study this stream. Larissa has also been asked to write articles for Succeed magazine and Public Administration Today, as well as produce a Financial Goal Setting for Teenagers workbook. She has worked with Federal, State and Local Government agencies, private and community organisations, as well as numerous high schools and small business owners.

Larissa is a member of Rotary International, Business Network International, Chamber of Women in Business, Canberra Schmooze and Australian Fitness Network. Her passions include creating her own future, seeing the funny side to life, waking people up to live **their** dreams, riding her motorbike, dancing, trying almost anything new, that C word (communication), anything to do with chocolate, travelling and finding a way to do all these at once.

Larissa has been described as having been hit by lightning and retained the energy, the Pied Piper of Hamlyn, the Energiser Bunny and a Wild Woman. She just believes her energy comes from working out what's important in life and knowing how to manage the mundane necessities. She lives her life by many healthy principles, with two of these being:

"We do not stop playing as we grow old, rather we grow old because we stop playing."  
*Abraham Lincoln*

"The quality of our life is determined by the quality of our questions."  
*Anthony Robbins*

Larissa's own saying is "every moment in time is an opportunity to feel fantastic!"

**Speaking topics:**

- Enjoying life with a healthy Mind, Body and Wallet
- Why sex and money are extremely funny (Some home truths)
- Neuro linguistic programming (How we think, speak and act)
- Outback survival (Night navigation not provided in urban areas)
- Kickstart me quick: Practical skills for great health and wealth
- 6 steps to waking up to your dream

**To book Larissa for a speaking engagement contact National Financial Fitness  
on 1300 YES NOW or email [edu@financialfitness.com.au](mailto:edu@financialfitness.com.au)**