

# BELIEVE IN THE POWER OF YOURSELF

## SCOTLAND'S TALK SHOW HOST AND MOTIVATIONAL EXPERT LIVE SHOW

Miss Valerie MacLennan, otherwise known as Scotland's Talk Show Host has gained this reputation over the past few years, by interviewing well known personalities in front of live theatre style audiences in Scotland. Valerie has interviewed Religious Leaders, Media Personalities, High Achievers in the Corporate World, Entertainers, Politicians and many more! Valerie is also Managing Director of her own business Valmac Associates Ltd, and offers her clients and private individuals coaching in Self Empowerment, Self Belief, Motivational and Mind Management Talks. Valerie said "I am not a Text Book Trainer, I speak from my own experiences, of facing challenges on a daily basis, and my years of observing high achievers, and being made aware of the difference in their responses to life and its hurdles, to that of others who seem to struggle as part of their daily life". Valerie has always been interested in the power of the mind. Valerie decided for this Special Event, that she will be her "Own Special Guest". Valerie is offering this one evening of conversation, in the hope of achieving some light bulb moments for many! It will be a relaxed, informative, humorous evening, and Valerie has offered this as a Question and Answer session, and she will engage with the audience, and answer as openly and honestly as she can on the topics that arise in the conversation. Valerie commented "I face the same challenges as many on a daily basis, and this will not be a magic cure, I am offering some straight talking, and a few laughs along the way! Come along, Look forward to seeing you there!

**Thursday March 7th 2013 at 7.30pm**  
**Macdonald Inchyra Hotel & Spa,**  
**Grange Road, Falkirk FK2 0YB**

**"In Conversation With"**  
supported by Macdonald  
Inchyra Hotel and Spa

**Produced and  
hosted by  
Valerie MacLennan**



Tickets £10 available at the door on the evening. With this being a one-off special event reservation of tickets in advance is advised, collect and pay at the door on the evening. Email [valerie@valmac.co.uk](mailto:valerie@valmac.co.uk) or telephone 0774 962 9637 and leave your name, telephone number and how many tickets you require. [www.valmac.co.uk](http://www.valmac.co.uk)