

# Away with words

**A trip to Bali to scale the ravines: \$1500. Medical expenses after falling down and breaking your back: \$3000. A life-changing experience compelling you to follow your childhood dreams: Priceless.**

**K**aren Phillips has always had a way with words. At age 7, she wrote a poem:

'I want to be a writer,  
I'll write about the sea,  
I'll write about people,  
And they'll write about me.'

With no surprises, she excelled through her schooling years and at just 14, Karen was one of the youngest delegates invited by the Federal Government to attend the nation's first National Youth Conference.

Then a year later, Karen was honoured with an Australian Young Citizen of the Year Award for outstanding services to youth at local, state and national level and has since lived by the belief that one idea can change the world through creating heart-to-heart connections.

Starting out as a cadet journalist, Karen built an expansive career in media and launched her own public relations empire, Karen Phillips Corporate Communications at 27, soon becoming one of Australia's most sought after strategists in the areas of brand management and corporate communications. Now, with over 20 years experience under her belt, Karen travels the globe

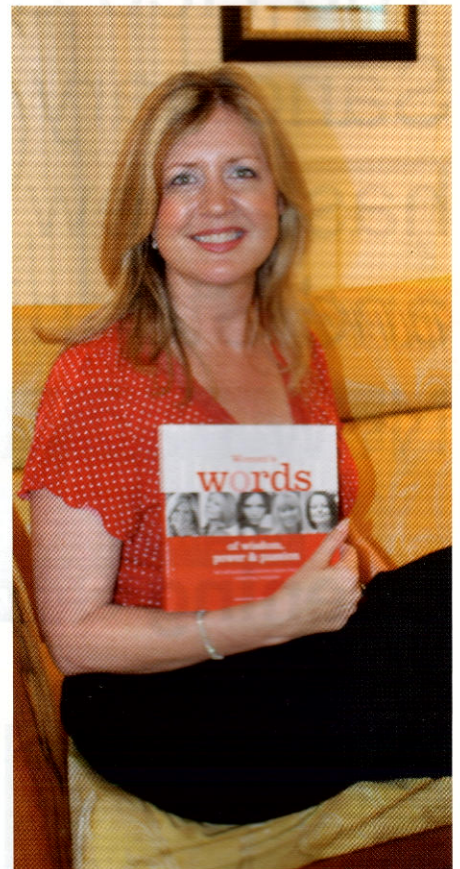
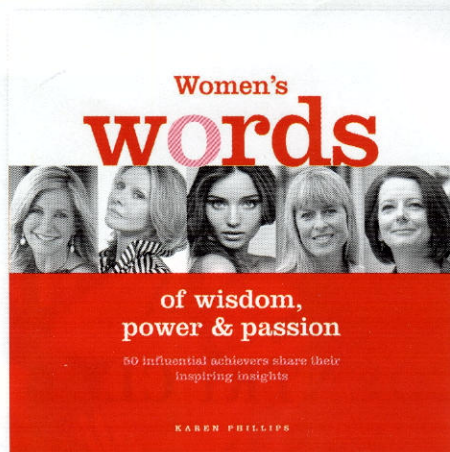
as a professional trainer and presenter, working with some of the world's most prestigious brands and identities and speaking to tens of thousands of women from all walks of life.

On a trip to Bali last June, she and her husband Tony were on their way out to dinner when Karen fell down a ravine and broke her back. "It's a really interesting story because I'm sort of like, 'yeah, whatever', but everyone else has said it's just one of those 'how on earth do you do that?' stories," Karen says. "It was a dimly lit path and we'd only just moved into the villa where we were staying, and we couldn't really see where we were going. I thought the pathway was straight... and then I walked straight off the edge. There was no falling and grabbing, I literally just walked into fresh air."

Suffering facial and internal injuries, Karen's doctors say she was lucky to survive. After this life-changing experience Karen decided it was time to follow her heartfelt dream. Less than a year later, her dream to connect and inspire women around the country in a way never done before, is now coming to fruition with The Women's Words Project and includes the launch of her first book *Women's Words of Wisdom, Power & Passion*. "Life is too short not to do what you want to do. I thought, 'if I died then, what would I have not said?' So I came back I said: 'right, this is it!'," Karen says.

*Women's Words of Wisdom, Power & Passion* is an ultimate collection of women coming together to share everything they know about success, love, health and happiness. "No one understands women better than women. So who better to give advice than 50 of Australia's finest?" she adds.

Released in March, to coincide with the 100th anniversary of International Women's Day, the book is a celebration of influential women in fashion, business, sports, politics, media and everyday life. Through their insight, valour and compassion come some of life's most important lessons.



Karen says she wanted to share their knowledge, insights, lessons, sadness and triumphs with "ordinary women". "I've seen and spoken to thousands of women all around the world and through this I learned that women of all ages hunger for wisdom, mentors and new opportunities to learn."

The pages within *Women's World of Wisdom, Power & Passion* are filled with interviews, personal anecdotes and photos from Australia's most respected and adored women including Carla Zampatti, Cathy Freeman and Miranda Kerr, who is quoted saying: "Listen to your intuition, trust in your abilities and love yourself just the way you are – you are totally unique and incredible in your own right..."

Launched by Australia's Governor-General Quentin Bryce, and with a foreword by Olivia Newton-John, this book is poised to become the ultimate guide to living a balanced life as an Australian woman.

"As we celebrate our past, present and future, Australian Women have so much to be proud of...be bold. Be brave. Believe in yourself," Quentin Bryce says.

Of being involved with this empowering book, Olivia Newton-John notes, "I knew this would be a truly treasured book".

As an avid supporter of women's cancer charities, Karen says 10 per cent of the book's profits will also be donated to Olivia Newton-John's Cancer and Wellness Centre.

*Women's World of Wisdom, Power & Passion* is available at all good book retailers.

**Words: Adele Rowlands-Dealey**