



SUMMER GETAWAY ETIQUETTE: BE A GREAT HOSTESS & PERFECT GUEST DURING THE SUMMER TRAVEL SEASON!

5 things you can do to ensure your guests are delighted they came & what you can do to be the perfect guest so you are welcomed back!
(and what *NOT* to do!)

SEGMENT IDEAS:

1: BE A GREAT HOST & GOOD GUEST DURING THE SUMMER TRAVEL SEASON

5 things you can do to ensure your guests are delighted they came & what you can do to be welcomed back.

2: NOW THAT IT IS SUMMER... 5 WAYS TO MAKE YOUR HOME THE "GO-TO" PLACE FOR YOUR KIDS, THEIR FRIENDS & WHY

5 Tips to make your home kid/teenage friendly & why it is more important than ever!

3: IDEAS FOR A FAMILY FRIENDLY KITCHEN NOW THAT THE KIDS ARE HOME.

4 Simple Solutions to make your kitchen kid friendly

4: OUTDOOR DECOR FOR DREAM ENTERTAINING

7 Simple Solutions for the Perfect Outdoor Party

5: LOW COST LUXURIES WITH A BIG PAY OFF

7 Big Impact Solutions that are Easy & Inexpensive

6: HELPFUL HINTS TO SAVE YOU FROM A \$400,000 MISTAKE OR REJECT WHAT COULD BE THE HOME OF YOUR DREAMS.

5 things to notice when you are looking at homes to buy, sell or stay.

7: DORM ROOM DECOR CAN DETERMINE HOW YOUR CHILD PERFORMS IN COLLEGE.

Studies have shown that our environment effects work & school performance. 3 design ideas to help your kid's grades.

ON-AIR MEDIA EXAMPLES:

MUDROOM HARMONY (CBS):

[http://www.wfsb.com/global/category.asp?
c=208507&autoStart=true&topVideoCatNo=default&clipId=9123359](http://www.wfsb.com/global/category.asp?c=208507&autoStart=true&topVideoCatNo=default&clipId=9123359)

HOLIDAY HARMONY (CBS):

[http://www.wfsb.com/video?
autoStart=true&topVideoCatNo=default&clipId=9568251](http://www.wfsb.com/video?autoStart=true&topVideoCatNo=default&clipId=9568251)

CREDENTIALS:

Christa O'Leary, MA, MFT, founder and CEO of Home in Harmony Lifestyle is an **Interior Designer, Marriage & Family Therapist and Green Living expert**. She teaches people how to 'Design Inspired Living' and has been featured on CBS, NBC & Dr. Laura. As a motivational speaker, up-and-coming Hay House Radio show host and author, Christa gives people concrete solutions to live their best life by creating an inspired, healthy, vibrant home, body, mind and spirit!

Christa Featured On:

CBS, NBC, Dr. Laura; Forbes, ConsumerReports, Bed, Bath & Beyond, GalTime, eHarmony, ShopSmart, BeliefNet, SheKnows, Healthy South Shore, SelfGrowth, MomiVerse, ParentingPink, ExploringWomanhood, HitchedMag, Natural Awakenings (National), The Chicago Tribune, The Baltimore Sun & The Hartford Courant.

Christa's design work has had national exposure. Her designs have had multiple features in *The Chicago Tribune*, *The Baltimore Sun* and *The Hartford Courant*. She was featured by the International Fabric House of Kravet in their *InspiredTalk* between Calvin Klein & Candace Olson. Her designs were debuted on NBC & CBS.

Christa O'Leary

Designing Inspired Living™

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