



## MEDIA RELEASE

### **Local Community Leader Wins Award Out of 200 Nominated Queensland Companies**

To say Sue Frost is an inspiration, is an understatement. Sue won the award for 'Emerging Leader' out of 200 Queensland companies and nominated businesswomen on Friday night at an awards ceremony at the Hilton Hotel in Brisbane.

Sue is the creator, coordinator and organiser of the Sunshine Coast's Women's Lifestyle Expo. Now in its fourth year, Sue has grown this event from a one day event, into a fully fledged destination Expo over two days, attracting more than 8,000 visitors to the Lake Kawana Community Centre last year.

It is Sue's quiet strength and determination to create a community for women, a destination for much needed information for women in need, a girls day out shopping and laughing and a day of learning and workshops that has helped her grow this event into the Expo that it is today.

Sue is a passionate advocate for all things 'woman' and it is her many years experience as a counsellor, volunteer, business owner, mother, grandmother and friend to many that has given this extraordinary woman, the drive to see her goals achieved in helping women in the community.

Her 'Red Team', a volunteer group of more than 100 women and men willing to help with all aspects of this community focused event, are testament to such a wonderful woman. Not only have they volunteered to assist Sue with the Expo again (many are return volunteers who give up their time to support Sue's vision), she is also coordinating the volunteer team for the Mix FM 'Coffee Tin' Drop off around the Sunshine Coast for the 'Give Me 5 For Kids' this year.

It is this loyal dedication to her that highlights how well Sue is respected amongst the community. It also highlights the good deeds and charity that Sue gives back to her community without the slightest hint of fanfare or fuss.

Sue's warmth, no nonsense advice, genuine support and her natural sense of humour form the backbone and heart of the Women's Lifestyle Expo.

The Women's Lifestyle Expo will be held later on this year on the 14th and 15th September at Lake Kawana Community Centre.

**14th and 15th September 2012 • Lake Kawana Community Centre**

**[www.womenslifestyleexpo.com.au](http://www.womenslifestyleexpo.com.au)**

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