



Written by Francesca Cassini

Editors Review

It's only recently that I've got into the idea that financial health may be as important as every other aspect of our wellbeing. So, with this thought I attended The Wealth Workout; a weekend training programme held in central London.

Speaking with the founder, Marcus de Maria, when I booked my place I had the sense of a man who knows where he's going. He was clear, direct and friendly yet totally professional. I had some 'homeplay' to complete before the weekend. I downloaded it and it took me far longer than anticipated. I had to look deep within to the thoughts I had about money and wealth, and all the ideas about where I want to head financially. One of the sections allows you to calculate your net worth and Investment Mastery, who run these courses, have a financial planner to help you work out how to most effectively reach your financial goals. It was a challenging few hours and if this was anything to go by the weekend would be worth it.

The Wealth Workout was very well structured. Most of Saturday was spent unearthing beliefs we have about ourselves that may hold us back from being the best we can be. If you're thinking, 'Oh, I'm not in to all that,' Marcus has a way of leading you in with little preamble and making it practical and doable. Marcus shoots from the hip; straightforward and no blarney. The insights gained from recognising that those who 'have' think very differently from those who 'haven't' are enlightening and there is ample opportunity to choose to alter your thinking to that of prosperity. The day is fast paced, plenty of mini breaks, and to keep your blood sugar up they supply fresh fruit and nuts throughout the day. You get looked after really well by the whole team.

Later in the afternoon we had a speaker who told us his rags to riches story which was very inspiring. He is a man who really loves his work and has a very creative way of thinking - but you never think you couldn't do the same.

The Independent Financial Advisor really knew his business and for the first time in my life I found myself contemplating investments I learnt much more about ISA's too and how extremely handy they can be. I shall definitely be using his professional services.

Sabine L. who spoke about debt, is passionate about her work - getting people out of debt is her niche, and you can tell it's so much more than a job to her. I felt that however deep in debt you are she would be your woman. The case studies she gave us showed that even when you think you'll lose everything, Sabine usually has a few aces up her sleeve.

Most of my life I've shrugged off experts, probably because my experience with them has left a lot to be desired. Now I had a totally new impression and felt excited by the prospect of speaking further with everyone available.

By the end of Saturday I was in the frame of mind with 'I can!' very much in the forefront of my thoughts.

Sunday was the 'how to' day. Five speakers talked about property investment in the UK and Europe, Internet Marketing and Stocks and Shares. The talks were completely eye-opening, and not just for me. Among the fifty or so wealth workouttees, there were a few who already had a portfolio of

properties, and I could see them widening their eyes every now and again when they heard some gem of information they'd not been aware of before.

Nicola has gone from being interviewed and turned down for an £11K p.a. job to earning that in a weekend from just one of her websites. Now she helps other people create wealth through her understanding of internet commerce. She has a big smile and enthusiasm in abundance, as well as the shiniest hair I've seen outside a salon!

All three speakers on property were excellent and all three talks were different and equally absorbing, although Greg B's humour made us eat up his words and know-how. I now feel like I'm equipped to start building my own property portfolio although my preference would be to use the skills of all these individuals. I have the information to build within the UK as well as in Central and Eastern Europe, and I found this invaluable.

Marcus de Maria talked on how to use a system to get a 15% return from the stock market; a simple and easy to implement strategy only requiring about two hours of your time a year! He really knows his onions and if this is where your wealth heart lies then you'd be interested in his dedicated weekend on investing in stocks and shares.

([Click here for further information](#))

This was all totally new to me, and I came out elated and certain that I can move forward in what seems to be simple and effective ways. Every speaker said that making wealth is simple, but it does take application and determination.

The workshop days were long and I'd wondered if I'd be able to keep my attention focused. I've found that unless the speakers are really good, they'll send me straight to sleep however interesting. My level of focus and attention only wavered briefly around tea time, and the mini breaks made all the difference.

One of the most astonishing understandings for me is that you really don't need much capital to get started; wealth, to whatever degree you want, is within the reach of all of us. It's not essential to have a good education, a good business background, or even be that bright. There's enough training available through initiatives like The Wealth Workout to head you in the right direction to do things yourself - although for me this weekend was more an overview of what's possible. If you don't want to do it yourself you'll need a bit more capital to get the experts to do it for you.

All round this was an excellent weekend training that I would recommend to anyone who wants to actively move towards financial freedom. This will definitely kick start your wealth making engine! Once the weekend is over you can join The Wealth Club for ongoing support. Now I'm ready to turn my Wealth Workout into a Wealth Regime.

If you want to attend one of their free introductory evenings in London go to [click here](#) and if you live outside London and would like to order a DVD of the evening, call them up on 0208 315 6760 and mention 'The Changing Times'.