

About Bridget: Since Bridget was a child she always believed her life would amount to something exceptional. Finally, after more than 30 years in business, she came across the way to make that a reality when she was introduced to Nu Skin four years ago. It was exactly the financial vehicle Bridget needed, one with unlimited potential to create great wealth and freedom. As a rather ambitious lady, Bridget is driven and very hard working and she has a “no excuses” attitude which she inherited from her dad. In order to be successful with Nu Skin Bridget believes there are several factors, which form a kind of magic recipe, the key ones being to have unwavering self-belief, to surround yourself with and learn from successful people, and to be prepared to do whatever it takes. Freedom has a price, and it’s one Bridget was prepared to pay it. The rewards she now enjoy are truly incredible.



Bridget Long



- **How has your Nu Skin business impacted your life?** There have been so many positive ways. I now enjoy life on both sides of the Channel in both the UK and France. The time freedom, and being able to choose how and where I live, is a true gift.
- **What are the key qualities of a leader?** Leadership is all about service to others. I believe the key attributes of a good leader are a profound love of people, a willingness to serve, and humility.
- **What advice would you give a new person?** Focus and consistency are key. Work part-time on your business, but full time on your mind! Be 100% coachable.

Random Trivia: As a passionate fan of *haute couture*, Bridget has a pretty impressive collection of designer clothes, shoes and handbags!

“All your dreams will come true when you pursue them with courage”