



March 2013 Issue

Welcome to the TBC newsletter...

TBC update by Stacey: This month we welcome Catherine Alesi to our team at the Traralgon Business Centre. She will be with us on a part-time basis while she attends university to study. We are very pleased to have her here with us!



Gippsland Wellness
NATURAL MEDICINE

Invites You to Attend our **FREE** Health Talk ...

HEALTHY JOINTS With Natural Medicine!

Presented by Naturopath, Amy I'Anson and Remedial Massage Therapist, Polly Riddell, we will be discussing many factors involved in improving and maintaining our joint health. Areas discussed will include:

- Different types and stages of arthritis - are you using the right supplements for your diagnosis?
- Dietary and lifestyle factors that can speed up joint breakdown and lead to arthritis including your body's pH balance, food as medicine to nourish your bones, muscles and joints
- Slowing the ageing process within our musculoskeletal system and natural medicines for younger people to PROTECT joints and prevent arthritis
- Natural pain management options
- The benefits of remedial massage in managing joint and muscular pain and how massage can help improve the quality of these tissues



DATE: Monday 4th March 2013
TIME: 7pm for a 7.15pm start, until 8.15pm
LOCATION: Level 1, Traralgon Business Centre, 55 Grey St, Traralgon (Seminar Room)

Bookings are essential, please call reception to reserve your seats on Ph: (03) 5173 6807

Need information or pricing on our services?

Contact Stacey at the Traralgon Business Centre today:

(03) 5173 6800 or

enquiries@traralgonbusinesscentre.com.au

You do not need to be the smartest person in the room to be an effective leader!

Dr Justin Menkes talks about the overhyped phenomenon of personality leadership. People seem to be hypnotised by charisma and style rather than grey matter. "It is an individual's facility for clear thinking or intelligence that largely determines their leadership success," he writes, noting that cognitive tests are 10 times more effective at predicting successful leadership than personality profiling.

Research published several years ago in the *Journal of Applied Psychology* said that intelligence is a nice thing to have, but it's not a deal breaker. There are other more important factors at play, such as the one specified by Albert Einstein, the eminent brainiac who said about scientists what could also be said about leaders: "Most people say that it is the intellect which makes a great scientist. They are wrong: it is character."

What do you think is more important in a leader? Brains? Or people skills?

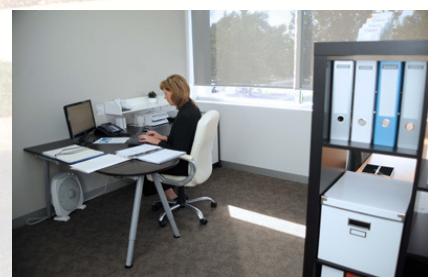
Read more: <http://www.theage.com.au/small-business/blogs/work-in-progress/all-in-the-mind-or-not-20120330-1w1mb.html#ixzz2KuiW9i4k>

Your ideal office space...

TBC offers you a Suite, away from home, where you can maintain the individuality of your business with the added benefit of reception services amongst many other perks:

- ✓ **Spacious**
- ✓ **Filled with natural sunlight**
- ✓ **Great location**
- ✓ **Modern facilities**

5173 6800



The list goes on...

So you better hurry!



Traralgon Business Centre

Ph: (03) 5173 6800

We make business look great

Address: 55 Grey St, Traralgon

www.traralgonbusinesscentre.com.au

March 2013 Issue

A Virtual Office could be exactly what you need for your business!

Do you need someone you can rely on to answer your calls and take messages for you but don't want an answering service? Don't worry, we have the solution!

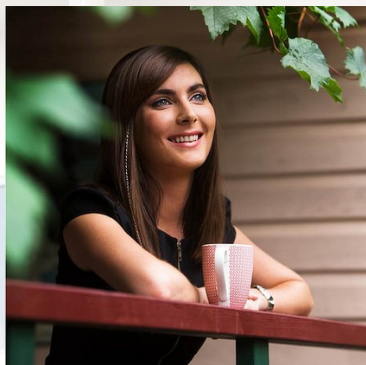
A Virtual Office with the Traralgon Business Centre allows you to portray a professional image for your business. Our dedicated receptionist will answer calls in your business name, take messages and manage your diary for you by taking bookings and following up clients... Talk about not having to lift a finger!

Not only is it convenient but its affordable too! We have two packages to choose from \$50 + GST per week or \$80 +GST per week.

To find out more about these packages contact us today! (03) 5173 6800



Turned over \$100,000 in a month!



Sophie Kovic, 25, founded Flockstocks in May 2011 when she was working as a manager/projectionist at her local cinema. She identified a market for feathered hair extensions made from selectively bred rooster saddle feathers. Originally only available through fly fishing websites, Kovic repurposed them to be used as hair extensions.

"My best month this year was in excess of \$100,000 turnover but this does not reflect the average turnover per month, which is much lower," says Kovic. "I had two superb months at the height of the feather craze in America which happened to be the timeframe by which the build-a-business is judged."

Who knew that feathered hair extensions could make you rich? Although her business has given her a full-time income, Kovic decided to pay for someone to run her business and continue working part-time at the cinema.

"My decision to stay working there, while paying someone to run my business full-time may seem strange, but the actual mechanics of running an online feather business are pretty dull. I employ someone who does all the packaging and posting for me, so I can still enjoy my work at the cinema part-time, leave spare time for developing the business, work on new projects and be with my baby boy."

Read more: <http://www.theage.com.au/small-business/managing/blogs/enterprise/aussies-clean-up-in-global-contest-20120301-1u46p.html#ixzz216slddDs>

ONLY 1 OFFICE AVAILABLE!

Suite 10 is now the only office available full-time here at the Traralgon Business Centre, so don't miss out on this wonderful space!

You can have it all... Ideal location, beautiful natural light, close to reception ... and that's just the office!

Included in your package:

Basic reception services, kitchen facilities, wheelchair access, discounted rates for Meeting & Conference rooms...

As well as many more options!

It's all here, why look anywhere else?

Call Stacey today on (03) 5173 6800 and find out how you can make Suite 10 all yours!

This coming February I am celebrating my first year with Gippsland Wellness at the Traralgon Business Centre.

Introducing...

Gift Vouchers Available!

Appointments available:
Wednesdays 6pm-8pm
Thursdays 8am-8pm
Saturdays 8am-1pm

Polly
to the Traralgon Business Centre
Lynette Riddell (Polly) Dip. Remedial Massage Therapist
Massage Therapist
Triggerpoint Therapy - Myofascial Release
Health Fund Releaser - AMRT Member
Local lived in the Valley for 30+ years with a passion for complementary health

Traralgon Business Centre
Suite 7, Level 1, 55 Grey Street, Traralgon
(Opp Grey & Bond Streets)
5173 6807

What I am offering my past, present and future Client's at the Business Centre is a little incentive to make the most of "regular tune-up's". If you have 5, 1 hour massages between 1st February, 2013 and the 30th June, 2013 you will receive a 25% discount off your fifth 1 hour massage. This offer is available for regular and senior clients.

not valid in conjunction with any other offer or promotion

To make your appointment please telephone reception on 5173 6807.