

BAYSIDE
WOMEN
IN BUSINESS

bwib



Connect



Educate



Empower

MEMBER MAGAZINE 2023



SCAN ME



BWIB Committee



Lisa Hewitt
President
LJH Digital Solutions



Narelle Wildermoth
Vice President
Beauty on Chelsea



Jeanette Mitchell
Treasurer
Southern Cross Accounting



Kirsty Wild
Secretary
Baycover Insurance



Sam Rosewarne
Event Manager
Blue Giraffe Building Design



Michelle McGarvey
Social Media Manager
A Little Social



Angelika Thew
Membership Ambassador
Switch to Success



Helen Harrison
Membership Ambassador
Power of Change

Key Dates for 2023

- 12 January - Networking Drinks
- 10 February - Education Lunch
- 08 March - IWD Lunch
- 27 April - Networking Drinks
- 19 May - Education Lunch
- 16 June - BWIB Summit
- 21 July - Education Lunch
- 18 August - Education Lunch
- 15 September - Education Lunch
- 20 October - Education Lunch
- 17 November - Education Lunch
- 08 December - AGM + Xmas Event



Please note: These dates were correct at the time of publication, but are subject to change. Please check Facebook for the most up-to-date information.



Connect



Educate



Empower



WWW.BAYSIDEWOMENINBUSINESS.ORG

Business Name	Name	Email	Contact Phone
@ Realty	Janice Minihan	jminihan@atrealty.com.au	0436 391 146
2 Eazi 2 B Debt Free	Joan Graham	2eazi2bdebtfree@gmail.com	0412 477 754
A Little Social	Michelle McGarvey	michelle@alittlesocial.com.au	0430 017 087
A1 Key Accounting Solution	Alieta Kula	Alieta@a1keyaccountingsolution.com.au	0449 955 617
Aegis Business Services	Toni van der Donk	info@aegisbusinessservices.com.au	07 3207 1030
Ahava Gifts	Lisa Meyer	hello@wellbeingandme.com	0402 912 158
Autom8Now	Nici Bickley	helpme@autom8now.com.au	0400 048 706
Avana Wellness	Bev Dorgan	bevdorgan@gmail.com	0484 314 163
Baycover Insurance Services	Kirsty Wild	kirsty@baycover.com.au	0413 112 860
Bayside Admin	Lauren Micale	Lauren@baysideadmin.com.au	0473 936 410
Beautiful Images Photography	Fiona Lindberg	fiona@beautifulimagesphotography.com.au	07 3148 2624
Beauty on Chelsea	Narelle Wildermoth	beautyonchelsea@gmail.com	0401 218 113
Bendigo Bank	Justine Kennedy	justine.kennedy@bendigobank.com.au	0410 612 673
Blue Giraffe Building Design	Sam Rosewarne	sam@bluegiraffebuildingdesign.com.au	0401 935 764
Body B	Linda Mainwaring	linda@bodyb.com.au	0417 370 489
Bostock Group	Janelle Bostock	janelle@bostockgroup.com	0438 510 496
Central Business Associates	Celia Newlands	Celia@centralbusinessassociates.com.au	0431 639 217
Change Empire	Cathryn Mora	cat@changeempire.com	0423 469 826
Don't Hate Selling	Sandii Element	sandii@donthateselling.com.au	0409 766 694
Empowering Virtual Solution	Franseca Moi	francesca@empoweringevents.com.au	0407 366 060
Etikos Consulting	Christina Lake	Contact@EtikosConsulting.com	0409 490 598
Fiona Potts Marketing	Fiona Potts	fiona@fionapottsmarketing.com	0425 816 049
Flora Nutrition	Jayne Mossop	admin@floranutrition.com.au	0403 840 467
Hair on Lydia	Rachel Dunkley	Mattandrach8@hotmail.com	0422 215 406
Humanesity	Kylie Hancox	admin@humanesity.com	0409 626 222
In The Middle HR	Jessica Jennings	jess@inthemiddlehr.com.au	0413 369 615
James Law	Leeha James	ljames@jameslaw.com.au	07 3890 2323
Joan Pease MP	Joan Pease	lytton@parliament.qld.gov.au	07 3915 1100
Lending Connections Pty Ltd	Donna Baden	donna@lendingconnections.com.au	1300 125 363
Life Mastery Consultancy	Emily Woodward	gentlelifecoach1@gmail.com	0405 930 886
LJH Digital Solutions	Lisa Hewitt	lisa.hewitt@ljhdigitalsolutions.com.au	0478 693 375
Luxe Branding Co	Lisa Reuben	lisa@theluxebrandingco.com	0419 983 108



SCAN TO JOIN

Visit our website to see all of the member benefits, upcoming event dates & more



MAGAZINE DIRECTORY

Business Name	Name	Email	Contact Phone
Manly Harbour Village Chamber of Commerce		promotions@manlyharbourvillage.com	0438 510 496
Money Made Simple	Alpha Schulte	alpha@money-madesimple.com.au	0412 625 126
Myoncothrive	Mun-Yee Chik	info@myoncothrive.com	0481 487 623
Nexia Brisbane	Tania Venville	tvenville@nexiabrisbane.com.au	0410 626 280
Nurturing Confidence	Amy Jackson	info@amyjackson.net	0468 875 078
Office National Capalaba	Cathy Briant	cathy@oncap.com.au	07 3390 3388
ONE80 Coaching	Rebecca Roberson	Admin@one80coaching.com.au	0421 798 446
Post Script Letters	Louise Fitzgerald-Baker	louise@postscriptletters.com	0409 034 277
Power of Change Counselling	Helen Harrison	helen@powerofchange.com.au	0439 889 969
Remax	Jodie Brooks	sellwithjodiebrooks@gmail.com	0404 257 024
Southern Cross Accounting	Jeanette Mitchell	jeanette@southerncrossaccounting.com.au	0403 006 125
Speech Perfect	Janeen Vosper	janeen.vosper@speechperfect.com.au	0413 940 117
Strata Place Qld	Adele Henrick	adele@strataplaceqld.com.au	0481 305 234
Suzanne Butler Lifestyle Design	Suzanne Butler	magic@suzannebutler.com.au	0410 074 127
Switch to Success	Angelika Thew	hello@switchtosuccess.com.au	0412 669 018
The Consortium	Peta	peta@theconsortiumqld.com.au	07 3396 6067
The Mind & Body Co	Rebecca Matthews	info@themindandbodyco.com	0420 787 553
Thermomix	Denise Long	densthermomix@optusnet.com.au	0427 326 115
Tingal Graphics	Lorraine Mckay	admin@tingalgraphics.com.au	07 3393 9911
True Natal	Megan Colville	megan@truenatal.com.au	0422 156 786
Vibrant Business	Brenda Ryan	brenda@vibrantbusiness.com.au	0438 364 060
Vitale Co	Tammy Vitale	tammy@vitaleco.com.au	07 3348 5861
Wild Web Print & Sign	Cath Koch	cath@wildwebprintsign.au	07 3390 1562
Wild Zebra	Sunel Van Renen	sunel@wildzebra.com.au	0424 200 155
Wisdom In A Cup	Joanne Wildermoth	jo@wisdominacup.com.au	07 3189 8977
Wynnum Manly Leagues Club	Jenny King	functions@wmlc.com.au	07 3906 7800



JoanPease MP



State
Member
for
Lytton

SCAN ME 



SUPPORTING
BAYSIDE WOMEN IN
BUSINESS

lytton@parliament.qld.gov.au

JODIE BROOKS RE/MAX

0404 257 024

Helping sellers To their next chapter
and matching buyers To their new home

Scan to find the value of your place



@jodiebrooksremax

Postscript.

Finding the words you're looking for

At Postscript Letters, we believe your stories are
more important than your stuff.

Let us help capture yours.

You **feel** it.

We **write** it.

You **share** it.

So you can **be and stay connected**.



contact@postscriptletters.com
0409 034 277
www.postscriptletters.com



Crossing your fingers is not a strategy for your SEO



At Autom8 Now I have **affordable**
SEO packages for small
businesses to help you move up
and be seen in Google

www.autom8now.com.au
helpme@autom8now.com.au

Call Nici to discuss your needs
0400 048 706



Thinking of Selling?

Get in touch today for a FREE
appraisal or market update.

“Lovely to speak with you today -
a breath of fresh air among other
real estate agents.”



Janice Minihan
Licensed Real Estate Agent

jminihan@atrealty.com.au
0436 391 146

@realty

Changing lives through property

HOME BUYING FINANCE

OPTIONS *available*

- HOME LOANS
- INVESTMENT LOANS
- CONSTRUCTION LOANS
- FIRST HOME BUYERS
- CONSOLIDATION
- CAR & EQUIPMENT
- PRIVATE LENDERS

let's chat!

Lending Connections

Dianne Braden

MORTGAGE BROKER
0423 000 670

Office National

CAPALABA

Above & Beyond

As Busy Women, Is your life crazy with Kids, Work and Promotions? Why not let us help you!

At Office National Capalaba we can provide:

- All Stationery Needs
- Printer Inks & Toners
- Canteen & Janitorial Supplies
- Warehouse & Packaging Supplies
- Workwear & Uniforms - Embroidery
- Office Furniture & Setup



Give us a call today 3390 3388

Email: sales@oncap.com.au

A LITTLE SOCIAL



EMPOWERING SMALL BUSINESSES TO

shine **ONLINE!**

LET'S CHAT

michelle@alittlesocial.com.au

www.alittlesocial.com.au



LET'S TAKE YOUR BUSINESS TO THE NEXT LEVEL OF SUCCESS

- ✓ Increase profits, time and life balance
- ✓ Be clear on "what's next" and "HOW"
- ✓ Design & action business growth strategies
- ✓ Audit systems to increase productivity
- ✓ Reignite your passion for your business

FREE 30 minute chat, text me for the link or book via website
Angelika Thew 0412 669 018

Switch *to Success*

BUSINESS COACHING & CONSULTING

www.switchtosuccess.au



CONSULTANT OF THE YEAR 2022

Denise Long



Club 1000

Highest Sales

Highest Cooking
Experiences

Highest MixShop
across the Branch



Cathryn Mora, Memoir Coach

hello@changeempire.com

www.changeempire.com

Write your life story

Friends might always tell you that you should write a book... Perhaps you have a difficult or interesting past and you are ready to share it with others... or even just get it off your chest. I can help - from book idea right through to publishing. Special discount for BWIB members. Let's chat. See you soon, Cat x



- Indian Head Massage
- Hot Stone Massage
- Crystal Healing Massage
- Rejuvenating Hand/Foot Treatments
- Reiki Healings
- Facial Waxing
- Pedicures
- Manicures
- Pamper Packages

Narelle Wildermoth
Self - Care Specialist

📞 0401 218 113





- Business Mentor
- Xero Specialist
- Accountant
- Tax Agent



Brenda Ryan



vibrantbusiness.com.au

Compelling Imagery That Defines Your **Unique** Brand

Branding Photography is an authentic way to strategically and intentionally tell your story through photos that resonate with your target audience.



Book in Now

Use the QR Code to go to our website



Christine Buckley
PHOTOGRAPHY

Or call **0416 055 010**

Key Accounting Dates and Deadlines

End of financial year (EOFY)

The end of the financial year is an important time for your small business. The last day of the financial year falls on 30 June each year.

Business activity statements (BAS)

Most small businesses lodge their BAS and pay any amount owing (or get a refund) quarterly.

- Quarter 1 (July, August and September) – 28 October
- Quarter 2 (October, November and December) – 28 February
- Quarter 3 (January, February and March) – 28 April
- Quarter 4 (April, May and June) – 28 July

Superannuation

If you're required to pay super for your employees or workers, you must pay super contributions to their nominated super fund by the following dates. It is important to meet these deadlines, otherwise you may face a super guarantee charge.

- Quarter 1 (July, August, and September) – 28 October
- Quarter 2 (October, November and December) – 28 January
- Quarter 3 (January, February and March) – 28 April
- Quarter 4 (April, May and June) – 28 July



Navigating cancer with expertise and compassion

Telehealth cancer support for women across Australia and around the world.



Mun-Yee Chik

Person-Centred Cancer Support
Lifestyle & Culinary Medicine • Oncology Acupuncture

Wynnum Manly | Brisbane Bayside



Alpha Schulte Lifestyle & Money Coach

Match Your Money to Your Values and Lifestyle

How to work with Alpha:

- FREE Clarity Chat
- Values Discovery Session
- Group Coaching Program
- Private Money & Lifestyle Coaching

Alpha is an ex-tax accountant and management consultant who studied financial planning, and is passionate about helping women become financially confident!

www.money-madesimple.com.au



INSPIRE, GROW, FLOURISH IN LIFE & BUSINESS



HUMANESITIY

Amplifying Human Potential

Mentoring ☐

Workshops ☐

Group Coaching ☐

121 Private Coaching ☐

KYLIE HANCOX JP (Qual) Qld
Human Behaviour • Mindset • Leadership

★ humanesitiy.com 0409 626 222 📞



Nurturing Confidence®
Amy Jackson

LEAD CONFIDENTLY Online Courses



Learn how to
lead your
business with
confidence?



ARE YOU READY TO TAKE YOUR BUSINESS TO THE NEXT LEVEL OF SUCCESS?

Increase profits, time and life balance
Be clear on "WHAT'S NEXT" and "HOW"
Design & action business growth strategies
Audit systems to increase productivity
Reignite your passion for your business

FREE 30 minute chat, text me for the link

Angelika Thew
0412 669 018

Switch to Success
BUSINESS COACHING & CONSULTING



www.switchtosuccess.au



- Business Tax Returns, BAS, GST & Payroll Tax
- Business Start Up Advice
- Cashflow Solutions
- Tax Planning
- Bookkeeping & Data Entry
- Self Managed Super Funds
- All Tax Returns, Individual, Partnership, Company and Trusts

SCA Tax and Accountants
Jeanette Mitchell

The Small Business Specialists

☎ 3198 3892
✉ jeanette@southerncrossaccounting.com.au
🌐 www.scatax.com.au
📍 504/182 Bay Terrace, Wynnum, 4178

Face-to-Face, Phone & Internet Meetings



TOP 100 VIRTUAL ASSISTANT TASKS



A Quick Guide to knowing what to delegate to a Virtual Team!

100 Tasks to Delegate to a Virtual Assistant

Get ready to delegate like a pro!

DOWNLOAD THE FREE GUIDE

Empowering Virtual Solution

CREATE YOUR OWN

Star
POWER



SUZANNE BUTLER LIFESTYLE DESIGN
FENG SHUI | MANIFESTATION | EMPOWERMENT

0410074127 | magic@suzannebutler.com.au | www.whatisfengshui.com.au

Feng Shui is more than just moving furniture, it's a way of life. A way of being. By balancing the energies in your home you have the ability to bring anything you want to your life with true ease and flow.

Whether its loving relationships, more money, a successful business or better general health and wellbeing, Feng Shui is the answer.

Join my group program and watch things change for the better quickly



What's your website dream?

Let's build the perfect website
to **SHOWCASE** your
small business.

Other services we can assist with are:

- New Websites, Rebuilds of Websites
- Website Maintenance, Reviews and Professional Recommendations
- Domain Registration, Emails and Website Hosting
- Sales and Marketing Funnel Setup

LJH Digital Solutions

CALL TODAY: 0478 693 375

www.ljhdigitalsolutions.com.au



Aegis Business Services

Aegis Business Services is a modern chartered accounting firm that provides business advisory, taxation, accounting, and bookkeeping services to help you succeed in business. By forming close partnerships with you, our clients, we're here to support you whilst you navigate the challenges and different stages of business.

Book an advisory meeting today -
We can explore your current position and understand your future goals. We'll tailor a plan unique to your business on how to achieve your goals.
Limited Time Only

Give us a call on
07 3207 1030



www.aegisbusinessservices.com.au



Would you like more support as a new mum?

As a parenthood coach and lactation consultant, I am here for you. I can help you with everything from feeding, crying, and sleep concerns to your physical and emotional health. My mission is to help you love your early parenthood journey, feel more confident, and learn to trust your instincts.



Call Megan Today

0422 156 786
megan@truenatal.com
@true_natal



Phone : 0412477754

A Proven Conscious Business model with a 3 Step Program to create Legacy Income!

2Eazi2BDebtFree

Supporting Tired, Frustrated Bookkeepers to pivot to Lifestyle Money!



tingalgraphics
DESIGN PRINT SIGN

GRAPHIC DESIGN
BUSINESS CARDS
FLYERS + BROCHURES
SIGNS

PROMO GEAR



www.tingalgraphics.com.au
admin@tingalgraphics.com.au
07 3393 9911

Do you want your social media posts done FOREVER?



Heck yes! After a discovery session we work out the ongoing messaging for your business, then I'll create the posts, variations, and scheduling for it to all be automated for you.

Nici from Autom8 Now

**Call Nici on
0400 048 706**

helpme@autom8now.com.au

Metabolic Balance

Your route to Health & Vitality

Fed up of feeling fat, fatigued and frumpy?



Uniquely tailored to you, your **Personalised Metabolic Balance (MB) Plan** matches your biochemistry with the optimum foods for you, without the guesswork.

Helping you to RESET, to let go of those extra kilos and old habits, so you get to feel good about yourself & LIVE the life YOU desire!

Call me, Bev Dorgan for a free chat to find out how MB can work for you: 0484 314 163



BOOKED BY
Hair on Lydia
HAIR STYLIST

HOME-BASED
BOUTIQUE

HAIR SALON

IN THE HEART OF
GUMDALE

- COLOURING & CUTTING SPECIALIST
- KEUNE SPECIALIST AND STOCKIST
- CONTACT RACHEL ON 0422 215 106



- Life Coaching for individuals and groups
- Psychosocial Recovery Coaching
- Psychosocial workshops
- Community Services & NDIS providers - workplace training for support workers
- NLP - Neuro-Linguistic Programming
- Conscious Hypnosis

0421 798 446

✉ admin@one80coaching.com.au

f ONE80 Coaching

📷 @one80coaching

Jayne Mossey - Clinical Nutritionist
Basic Clinical Nutrition
Adv Dip Nutritional Medicine
Certified Metabolic Balance® Practitioner

flora
nutrition
Feel like you again

Personalised nutrition
programs to...

Restore metabolic
health

Lose weight

Balance your
hormones and
your blood sugar

So you can...

Feel Like You Again!



"The last 4-5 months have been incredible, I went to see Jayne tired, overweight, moody and unhappy within myself. Now I have lost almost 17kg and feel happy, energised and ready for summer. The guidelines I have learnt I feel will guide me for the future so I can stop riding the diet rollercoaster and start to enjoy life. Thank you Jayne & Flora Nutrition." - Andrea

BOOK YOUR FREE
DISCOVERY CALL TODAY

floranutrition.com.au



Contact:
Sunél van Renen
M: 0424 200 155
W: www.wildzebra.com.au
E: sunel@wildzebra.com.au



Office workers hold onto
promotional products for
more than four
years on average

*Source: PPAI
(Promotional Products
Association International)

Contact us for all
your branded
merchandise needs.
No job too big or too
small!



POWER OF CHANGE
COUNSELLING &
COACHING

**Design Your
Best Life In
Relationships
& Life**

**Create a
Life
You Love !**



**Group Coaching
1 on 1 Coaching**

powerofchange.com.au
0439 8899 69

**Etikos Consulting
Christina Lake**

Contact: +61 409 490 598

Email: contact@etikosconsulting.com

Pharmaceutical Industry Consultant

Christina provides expertise for the pharma and biotech industries with the following services:

- medical writing
- drug safety and medical information
- post-marketing surveillance activities
- risk management planning
- pharmacovigilance audit & training
- regulatory intelligence & consulting
- pharmaceutical literature management
- standard operating procedures for medical and compliance functions



BayCover
INSURANCE SERVICES

Commercial Property

Public Liability

Professional Indemnity

Motor (inc. Fleet)

Trades Packages

Plant & Equipment

Marine Cargo

Residential Property



Baycover takes the hard work out of getting the most suitable cover at a competitive price.

Having the right cover is essential to protect your assets and activities.

We take the time to understand exactly what risks you face then use our experience ensure you are properly covered.

1300 BAYCOVER

www.baycover.com.au

*your vision
brought to life!*

Ideal Creative Solutions Graphic Design

www.idealcreativesolutions.com.au



@idealcreativebiz



idealcreativebiz@gmail.com



0402 912 158



BUSINESS PHOTOS & VIDEOS THAT BRING RESULTS



L LIGHT
PLANNING
MEDIA

SCAN ME



BOOK A
FREE
DISCOVERY CALL



0466 581 089  info@lightplanning.com.au  lightplanning.com.au

A1 KAS

Key Accounting Solutions

Low Cost Brisbane bookkeeping services. Specialising in Xero, MYOB, Quickbooks and Reckon. Professional Brisbane bookkeepers who can come to you.

 admin@a1keyaccountingsolution.com.au
 0449 955 617
 a1keyaccountingsolution.com.au
 /a1keyaccountingsolutions

BAS Agent number 26053613
 Member of Australian Bookkeepers Association
 Certified Advisor for Xero, Quickbooks, MYOB and associated APPS



JL
JAMES LAW

- Fatal and Catastrophic Injuries
- Complex Injury Claims
- Motor Vehicle Accidents
- Workers' Compensation (QLD & NT)
- Cycling Accidents
- Firefighter Cancer Compensation
- Negligence Claims
- TPD Superannuation Claims

Leeha James | Director | Principal
 Personal Injury Accredited Specialist
help@jameslaw.com.au
 P: 07 3890 2323 | F: 07 3193 7372
www.jameslaw.com.au






Ahava Gifts

Let's put some
magic
 back into gift giving!

ahavagifts.com.au | @ahavagiftsaus



**DON'T HATE
SELLING**
With Sarahi Element
30 Minute Power Session

I work with women in business that want to have an amazing business but don't want to sacrifice their authenticity along the way.
 I can show you how to have a sales process that not only works, but is completely aligned with your values.

Book now for a free 30 minute power session

LIMITED TIME ONLY!


 SCAN ME

www.donthateselling.com.au



Speech Perfect

www.janeenvosper.com
janeen@janeenvosper.com
 0413 940 117

Reach Out

**Assisting leaders and business owners to
remove limiting beliefs & possess the
courage to stand out as an authority in your
field of expertise.**

**Learn Genuine
SALES &
SPEAKING
Skills to
SPEAK
TO INFLUENCE**





BodyB Fitness

One on One coaching
In person, online & virtual
Online Courses
Support & Accountability

I help women become the best version of themselves, by showing them how to balance their hormones naturally, exercise to suit their body type, and live their best life with increased energy, confidence and wellbeing.

**If you would like to live your best life,
jump on a "Lets talk" 30 min
discovery call.**

Linda Mainwaring

0417370489

linda@bodyb.com.au

www.bodyb.com.au

Located at
Wellington Point



SIGNAGE DESIGN PRINT WEBSITES

GROW YOUR BUSINESS WITH WILD!

FOR ALL YOUR PRINT & SIGNAGE NEEDS:

- Banners & Flags
- Vehicle Signage
- Building Signage
- Flyers & Brochures
- Labels & Stickers
- Business Cards
- Notebooks & Pens
- Calendars & Promo
- NCR Books
- Letterheads

Plus Websites & Google Advertising are in our DNA ;)



**10% DISCOUNT
ON PRINT & SIGNAGE
USE CODE:
BWIBWILD**

**Call Cath on 07 3390 1562 or
Email: print@wildwebprintsign.au**



LIVE YOUR BEST LIFE



COACHING FOR:

- PERSONAL GROWTH & MINDSET
- CAREER & LEADERSHIP
- SMALL BUSINESS & PURPOSE

**CREATE A LIFE YOU
TRULY DEEPLY LOVE!**

**REBECCA MATTHEWS
TRANSFORMATION COACH**



0420 787 553

INFO@THEMINDANDBODYCO.COM
WWW.THEMINDANDBODYCO.COM



**What Blue Giraffe Building Design Brisbane
can do for you ...**

Design Diagnosis, Concept Design, Working Drawings

In addition to commercial and residential design,
we can also provide:

- Landscape design
- Interior design
- Furniture design
- Project management





STYLE + ERROR

FURNITURE + HOMEWARES + STYLING

VISIT OUR WEBSITE
WWW.STYLEANDERROR.COM.AU



THE ARSONIST
OPEN FIRE KITCHEN & WHISKEY BAR

the arsonist.com.au
@the arsonist.manly
457 Esplanade, Manly
07 3396 8962

TIDE
ON THE JETTY

WILLIAM GUNN JETTY - 1 WYVERNLEIGH CLOSE, MANLY QLD
tideonthejetty.com.au - 07 3396 8962

@tideonthejetty

In The Middle HR

P: 0413 369 615
E: jess@inthemiddlehr.com.au

Watch the Video!

We are doing something exciting with inductions! Our new electronic platform takes care of the bulk of your induction delivery. It can also be used to maintain your compliance responsibility - employees can retake the quiz every year.

Instead of being charged upwards of 30K for a platform like this we are bringing it to you for LESS THAN A QUARTER of the price.

Check out the video and ask us about the upcoming trial for bigger discounts! LIMITED SPOTS AVAILABLE!

In the Middle HR

Personalised nutrition programs to...

- **Restore metabolic health**
- **Lose weight**
- **Balance your hormones and your blood sugar**

So you can...

Feel Like You Again!



"The last 4-5 months have been incredible, I went to see Jayne tired, overweight, moody and unhappy within myself. Now I have lost almost 17kg and feel happy, energised and ready for summer. The guidelines I have learnt I feel will guide me for the future so I can stop riding the diet rollercoaster and start to enjoy life. Thank you Jayne & Flora Nutrition." - Andrea

**BOOK YOUR FREE
DISCOVERY CALL TODAY**

floranutrition.com.au



FIONA POTTS
MARKETING

Local Business Marketing Support

Delivering more sales
and customers for local
businesses

- Marketing strategy
& planning
- Activities to get
customers now
- Activities to get
customers later
- Activities to build,
grow and maintain
a strong brand



fionapottsmarketing.com



fionapottsmarketing



thevinylcollective.com.au

REMEMBER
your why



The
Vinyl
Collective

The Vinyl Collective offers
decals and personal items
that can be customised to
suit your needs.

Work with purpose
Do what makes your heart sing
Don't compromise your values
Stay true to you.



Janelle Bortock

Bayside
ADMIN + BOOKKEEPING

Xero Bookkeeping

BAS / IAS

Accounts Management

Office Management

Administration

NDIS Provider Support

NDIS Plan Management



We support the
ndis

NEED HELP



0473 936 410

BaysideAdmin.com.au



WHEN WAS THE LAST TIME YOU AUDITED YOUR BUSINESS SYSTEMS?

Increase profits, time and life balance
Be clear on "WHAT'S NEXT" and "HOW"
Design & action business growth strategies
Audit systems to increase productivity
Reignite your passion for your business



**Book your 90 minute
Business Evaluation &
Strategy Session
Normally \$379
SPECIAL PRICE OF \$79**

**Call or text
Angelika Thew
0412 669 018**

Switch to Success

**BUSINESS COACHING
& CONSULTING**

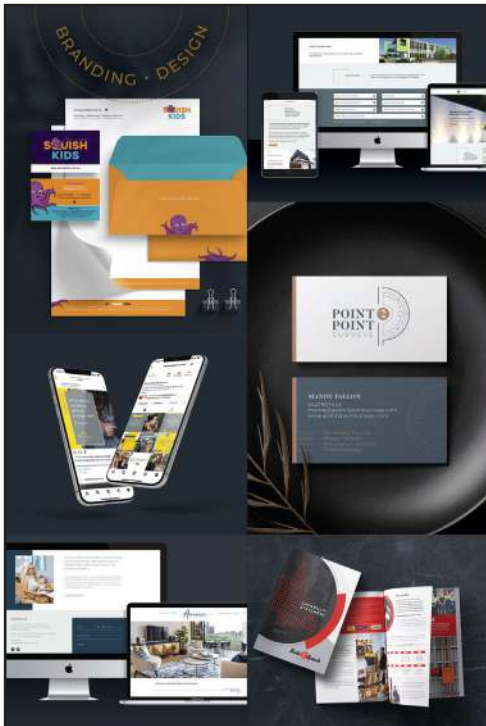


www.switchtosuccess.au

Sage Room



**Now providing General Manager
Services from the Sage Room.**



ARE YOU READY TO
**BE SEEN, &
REMEMBERED**

Creating distinctive brands that show up
confidently & professionally in business.



LUXE BRANDING CO.

www.theluxebrandingco.com



**Small Business Owners,
save time and money by getting
expert business management and advice from
experienced accountants. With personalised
services and dedicated support, you can trust
Nexia to handle your affairs while you focus on
growing your business.**

Call us today on 07 3229 2022

www.nexia.com.au



Aegis Business Services

Aegis Business Services is a modern chartered accounting firm that provides business advisory, taxation, accounting, and bookkeeping services to help you succeed in business. By forming close partnerships with you, our clients, we're here to support you whilst you navigate the challenges and different stages of business.

Book an advisory meeting today -

We can explore your current position and understand your future goals. We'll tailor a plan unique to your business on how to achieve your goals.

Limited Time Only

Give us a call on
07 3207 1030



www.aegisbusinessservices.com.au



**Assisting unit and townhouse
owners run their properties
according to legislation.**



Strataplace is a Body Corporate Management Company committed to providing a level of service to our lot owners that is prompt, personal and easily accessible.



Phone: 0481 305 234

Email: adele@strataplaceqld.com.au

Office: 145 Bay Terrace, Wynnum



Wisdom in a Cup

8/125 Old Cleveland Rd
Capalaba Qld 4157

A bohemian style coffee shop
which serves breakfast, lunch and snacks, in a
relaxed atmosphere.

We have a selection of gluten free,
vegetarian and keto meals



Wisdominacup.com.au

☎ 3189 8977



Would you like more support as a new mum?

As a parenthood coach and lactation consultant, I
am here for you. I can help you with everything
from feeding, crying, and sleep concerns to your
physical and emotional health. My mission is to
help you love your early parenthood journey, feel
more confident, and learn to trust your instincts.



Call Megan Today

0422 156 786

megan@truenatal.com

@true_natal



Gabbiani

Be welcomed and embraced; when you step
into Gabbiani you are entering a modern
kitchen serving authentic, flavoursome
foods from our table to yours.

Come in for a coffee, an aperitif or a meal -
Gabbiani is the perfect place to meet
friends and family. It's authentic, it's
relaxed, it's your invitation to dive in.

3906 7800

www.wmlc.com.au

92 Wondall Rd, Manly West Q 4178



**Wynnum
Manly**
LEAGUES
CLUB

Love Your Life

Longing to look forward to the day ahead? Not sure how? My transformational programs can help.

The Gentle Life Coach

**Schedule
a free
coaching
call**



Scan
QR CODE
to JOIN
our monthly
events



photography for the modern woman



www.beautifulimagesphotography.com.au

- Portrait & Personal Brand -

Bendigo Bank

Community Bank Wynnum-Manly not only gives you access to award-winning financial products and services, we're also committed to returning profits to our local communities.



Wynnum:

A2/63 Bay Terrace
Wynnum QLD 4178
Ph: (07) 3893 0286
Fax: (07) 3396 2590

Victoria Point:

127 Colburn Avenue
Victoria Point QLD 4165
Ph: (07) 3820 9355
Fax: (07) 3820 9322

Operating hours:

Mon- Fri 09:30- 16:00

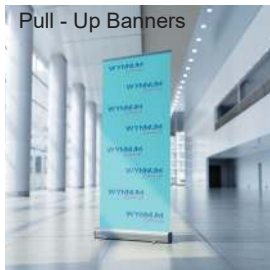
Justine Kennedy
Senior Branch Manager
0422 022 998

*Supporting Bayside
Women in Business*

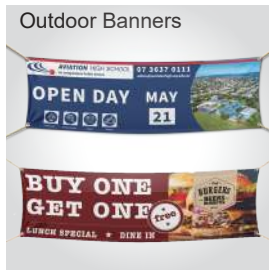
Helping you to have more time for coffee ♡



Business Branding



Pull - Up Banners



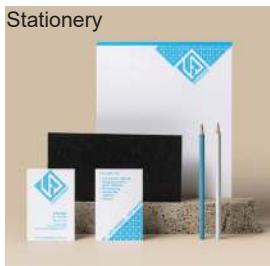
Outdoor Banners



Speciality Cards



Vehicles



Stationery



Shopfront Signage



Gazebos



Billboards



Magazines



Apparel



Stickers



Flags



A-Frame Signage



Promotional material



Name Tags



Follow us on Facebook!

3393 9911

tingalgraphics.com.au

admin@tingalgraphics.com.au