

SA Woman

Issue 1
December 16

The magazine for female changemakers

protect

your brand
what you need to know

christmas

success in 3 steps

rediscover

passion in your
relationship

Editor's Welcome

Hello There!

Welcome to the first issue of SA Woman. The Magazine designed to celebrate and showcase the incredible women we have right here in South Australia.

It was through Sass Place and my support of women in our coworking spaces and community, that I began to discover the fabulous women we have right here on our doorstep doing truly amazing things in the community, yet no one knew about them! . So I felt like it was time that they were lifted up to be seen! This first issue is jam packed with everything from business, to wellness, to

relationships and even recipes for you to enjoy.

These women are change-makers, just like you. Women who are following their dreams, who are creating change whether it be in their families, their communities or even globally.

This magazine would not be possible without the amazing contributors, the help of Kelly my phenomenal Communication and Events Coordinator, the talented Indy from Blended Studios and the incredible Sass Place community who really supported us to bring this to life with encouraging words and offers of help.

Please support those who have contributed by stopping by their websites/facebook pages, all business names are hyperlinked so one click and you can check them out!

We really hope you enjoy reading the articles, and even moreso feel inspired and proud of what wonderful women we have here in South Australia. Have an amazing rest of 2016 and remember:

"When women work together amazing things can happen."

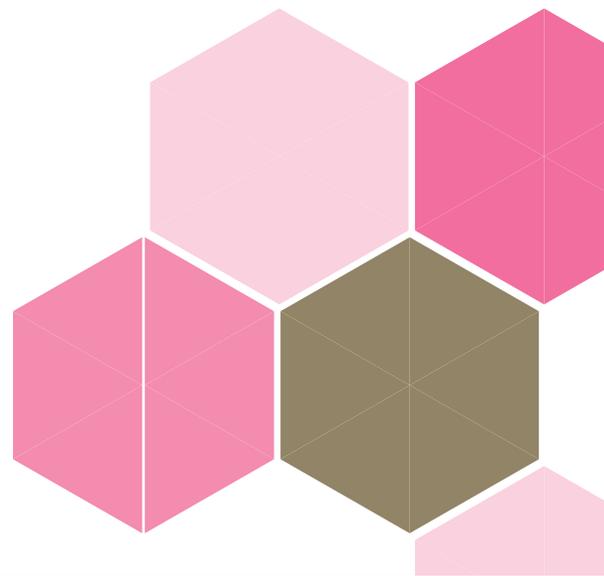
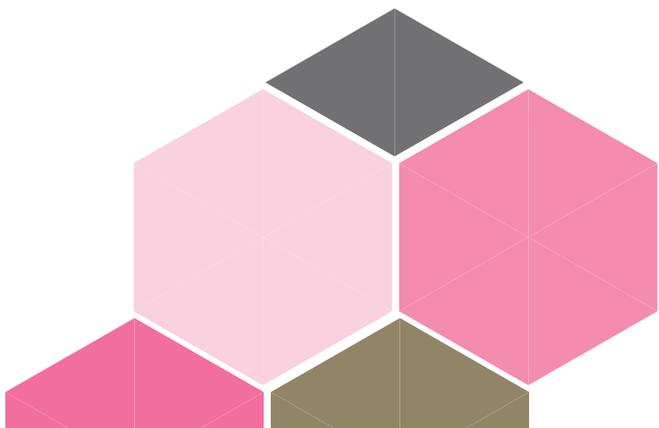
x Carly

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The balance

Stop chasing that illusive work/life balance and use these tips

by Aerie Wildy aerliewildy.com

When there's so much to do, work/life balance usually goes out the window. Here are some tips to boost your balance. Actually, it may even help you get more done in less time.

1. Get everything out of your head

Keeping everything in your head can work well - until you become crazy busy! That's when you need to get everything out of your head and onto paper.

Try Evernote or Asana if you want to capture your ideas or just write a list. Once it's out of your head, you can prioritise and create order - easing the overwhelm instantly.

2. Get Organised

There's nothing worse than not being able to find something because you can't remember where you saved it, or filed it.

Take time out to set up systems, organise your computer filing, and decide where to save receipts, emails, websites to save etc to help you feel in control.

Consider your digital organisation like a well-designed walk-in wardrobe: organised, easy to clean, easy to put things away and easy to find everything.

Simplify using the basics: Google Drive/Dropbox, Asana, Evernote, and the Evernote WebClipper.

Bonus tip: I learnt the hard way that when I put my ideas, notes, dates, tips, lists etc all in one place I go to sleep quicker too!

3. Prioritise Me Time

When I work too hard (i.e. long, long nights, early mornings, weekends etc) I make a lot of mistakes. Self care allows me to be more focussed, more productive, think clearly, and stay calm. If I feel un-

balanced, I get stressed, cranky, less resilient when things go wrong. Self care and taking time out for me is a non-negotiable part of my business and my success. It's my salvation, and my #1 priority when I'm planning my week.

Walk, stretch, write, listen to music - just give your brain some time to rest, so that it can re-charge.

4. Work on the Important Tasks First

It can be hard to be productive when you've just stepped out of comparison-land (i.e. Facebook).

When planning your day, prioritise, and schedule them first. Getting these done early helps you progress in your goals, and feel productive. Try and do your social engagement in short (timed) bursts, so that you can keep tabs on the time.



5. Pomodoro It

The Pomodoro Technique is about working in short, highly focussed spurts of 30-45 minutes each. It involves a timer - your phone, or a Pomodoro app. Work uninterrupted on your task (some apps block particular sites to reduce distraction), then get up and move for 5-10 mins. I like to hang out the washing, sing/dance, take a short walk - give your brain a break and recharge your energy.

I find this a much better strategy than just working in a 6 hour shift. After the 4th hour, I'd stiffen up, get distracted, and snack! I'd also be exhausted. The Pomodoro is a sustainable way of working and now I structure my day around it!



Hoi! Hoi! Hoi!

3 reasons why it's you should reward your staff at Christmas

by Sara Siami [Success with Sara](#)

Forget all the Christmas memories you have of Grandma's awful (but thoughtful) presents, badly knitted jumpers and lavender talcum powder. Forget Uncle Rob's brandy fuelled dancing and forget the food coma you entered into after stuffing your face with one too many serves of Christmas pudding. Forget all your bad Christmas memories because, whether you are a Christmas Grinch or not, Christmas is the time to be jolly and show your employees how much you value them.

If you think that letting Christmas slide on by with a mere thank you, then you are wasting a massive opportunity. If you want your business to be more productive, with more engaged, loyal employees, and have a culture which attracts top talent, then I suggest you keep reading to find out exactly why having a Christmas celebration is so important.

1. Money is not #1

Despite what we traditionally believed, over the last 10 years many studies have shown that employees are no longer motivated by money as a top priority. This has been replaced with work-life balance and being valued, what a perfect opportunity to use Christmas to show your employees that you value them with team activities, or even encouraging them all to take their leave.

2. Teams who play together, stay together

Everyone is different, for your more introverted employees, a high energy Christmas party at a busy restaurant may not suit them, but a more casual family picnic may be just their ticket. Creating an environment for employees to learn about each other in a more relaxed environment will do wonders for team collaboration.

If you want a team to work well together, you need to create consistent and varied opportunities for social interactions.



3. Culture is crucial

Culture is created by almost everything a business does, so not having a Christmas celebration, will definitely make an impact on that culture. Don't forget - your employees are your biggest and most valuable brand ambassadors. If they are spreading positive stories about how much they enjoy working there (and how great the Christmas parties are) you will have people knocking at your door wanting to work for you. The next time you want to recruit, you will be glad you invested in your culture.

It's October, so you've got a short amount of time left to organise something, it doesn't have to be expensive but it does have to be thoughtful and fitting for your employees.

Should partners be invited? Should it be in work hours? Should it all be funded? So many scenarios to consider.

Just remember, this is an investment, a people investment. After all, where would you be without your people?



Staying sane at work

Top 10 tips for keeping yourself out of workplace conflict

by Elizabeth Williamson [Elizabeth Williamson Solutions](#)

As you walk out of the office, you know you're going to need an extra glass of wine tonight, (or is it two, or perhaps three glasses?). You're reeling with resentment. Feeling overwhelmed. Just wishing the tension would go away. What happened at work today was one drama too many!

Workplace conflicts steal your energy and your downtime at home. Not to mention the lost sleep.

Business excellence requires recognising conflict risks early and being prepared to embrace, not fear, difficult situations. A leader needs savvy combat smarts.

Here are 10 tips so you can reduce the workplace drama, restore harmony to your working day, and reclaim your weekend. Oh, and prevent liver damage.

1. The first 3 minutes are everything

How you start a conflict conversation or respond to difficult behaviour is determined by those first minutes. Be careful, begin with the end in mind.

2. Mirror Image

We tend to mirror bad behaviour and bad moods. Don't add to tension by taking on the other's behaviours or emotions. Drop the tit for tat attitude.

3. Respect

Respect isn't earned, it's given freely, even if the other person doesn't meet you halfway. Keep to your values, be polite, but not submissive.

4. Compassion

Unhappy people tend to behave poorly. Perhaps stresses at home, personal struggles or mental health challenges are contributing factors. Be kind, set limits, and be assertive at the same time.

5. Complaints

Raise complaints early, gently, and directly. Bring a spirit of engagement, creating a joint exploration of an issue. You never know what you'll learn if you stay curious. Criticism, listing the other's mistakes and faults, never works. And it invites them to list yours.

6. Defensiveness

You try to over explain our position or justify actions, rather than listen. Unfortunately, defensiveness always looks aggressive or angry to the other person; it escalates conflict. Be committed to learning some aspect of the other person's position before you leap in with your's.

7. Responsibility

Conflict is never onesided. Finding fault and keeping score on the other's wrongs adds to your misery. It's challenging to reflect on how your own actions might be contrib-

uting to increasing tensions. It works to take some responsibility, even just 10%, for contributing to the problem.

8. Appreciation

Look for positive qualities in the other person, that you see in yourself.

And conversely, try to see those negative qualities so obvious in that other person, as being part of your habits. Yes, it's probably going to make you uncomfortable. And reduce tensions.

9. Perspective

Have you taken time to consider the other person's point of view, seen things from their perspective? Try to see the conflict like a movie or play: look at it like actors on stage. You might get a better perspective on the other person's WIFM (What's In It For Me).

Knowing this can help you negotiate better outcomes.

10. Heart beat

Keep breathing slowly and deeply, so that you thinking remains clear. Heart rate equals thought rate. Once your heart is racing, objectivity goes out the window. Slow down, take time to respond to what triggers you. It takes 2030 minutes to lower your heart rate once you've lost your cool.



How to start again

Considering that life is full of variables, there might be a time where you need to start out again.

by Kathleen McCormick, [Loan Consultant](#)

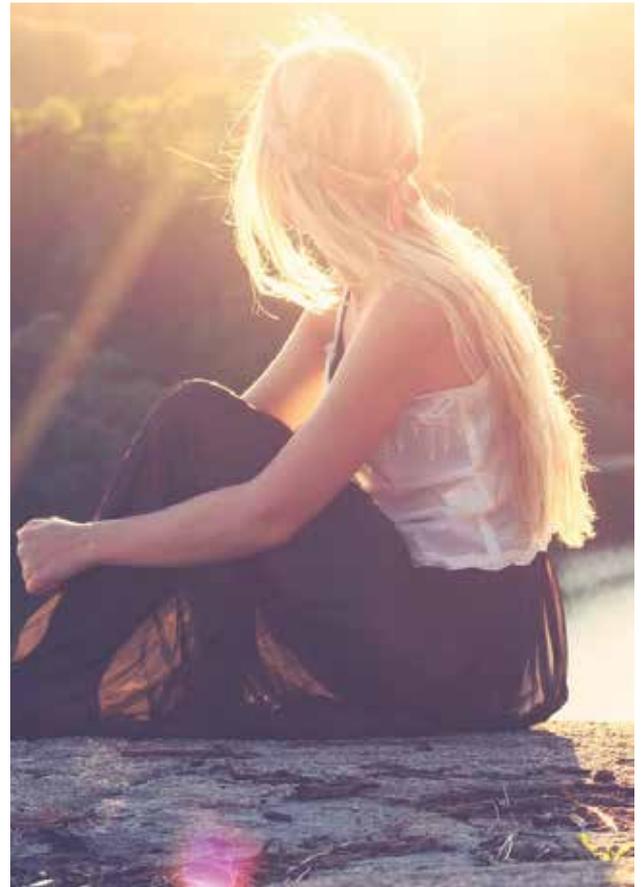
And this can seem very daunting, especially when it comes down to putting a roof over your family's head.

Having worked with clients who have recently separated or are coming out of financial troubles, they're always surprised at what's possible after others have told them what isn't. The following are several options I've found that can really make a difference and assist you with your new beginning.

Money gifted from family If your financial situation has left you needing to purchase a new home either to downsize or because of a change to your living arrangements, many lenders will accept non-repayable gifts in lieu of genuine savings, so if you have a family member who is able to gift you the funds required, you could be well on your way to being able to purchase a new home.

Lenders can consider alternative incomes This is a great one to consider as in many cases the primary caregiver to younger children may not be able to work full time and in this instance their income will be supplemented with a Centrelink payment. There are a number of lenders who I deal with routinely that are able to consider parenting payment, family assistance or child support.

They're always surprised at what is possible after others have told them what isn't.



A family member who is able to provide a property as a guarantee Some clients find that they meet the income requirements for a lender to be able to cover the repayments on a home loan but not enough savings to cover the deposit & government fees and charges associated with purchasing a new home. In these cases, I have found that there are lenders who are willing to use additional security to cover the debt by way of a guarantee. This allows your extended family to utilise equity in their homes without needing to use any cash savings which could leave them at a disadvantage.



Twenty Something

by Natalie Koutsikas, *Lady of the House*

It's the same old story, a 21-year-old on the brink of graduating but hungry for more – "I want a big people job". What's a "big people job" you ask? Well I wasn't really sure either, but what I do know is that I was sitting on seek.com.au and applying for every receptionist, administration, office type job that I saw to the point where I was getting calls & emails from places I didn't even remember applying for.

Until one day, I got an interview at a real estate agency for a receptionist position which I thought went really well, but I was left hanging for a few days to hear from them as expected. Then the phone call, the dreaded "unfortunately you've been unsuccessful for this position" however, in this case there was a BUT "but our managing director really enjoyed meeting with you and would like you to chat further with our sales team about a potential role." There it was that "big people job" I was after; with absolutely no real estate experience or knowledge I was thrown in the

deep end & have never looked back. Starting a career at any age is challenging for a woman, let alone a twenty something. In an industry that is notorious for being dominated by males, some of the most successful agents in Australia are female. However, with age comes life experience, a wider network & a stronger sense of self – 3 things that make a big difference in beginning a real estate career. So then picture this, a 21-year-old with none of the above trying to compete with those more senior with all of the above. As daunting and overwhelming as it was to battle this everyday I started to realise there were other skills & ideas that I had, and that I didn't necessarily need to be the same to be able to compete.

There's something about real estate that just comes naturally to a woman, majority of your day is spent on the phone, you enjoy cups of coffee with strangers and get to know them and their home and help them arrive at their next destination. Obviously there is a huge amount of skill involved as well, but just being a down to earth person isn't something you learn. In an industry where we are constantly challenged with the rise of "self service" and the threats of an industry destined to be obsolete – what sets you apart from everyone else?

"I did not have the most experience in the industry or the most money, but I cared the most."
- Sara Blakely

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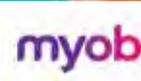
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SA/NT BOOKKEEPING PARTNER
OF THE YEAR 2016



Protecting your Brand Name

by Hollie Ford, [Contego](#)

Are you ready to launch an exciting new business or product? Perhaps you are in the process of buying or selling an existing business? In this exciting, yet stressful time, the importance of protecting your brand or product name, design or logo, is often overlooked. These essential elements can be safeguarded through trade marks.

As most business owners are aware, there is an obligation to register a business name in each State and/or Territory in which they operate. However, many business owners aren't aware that by only registering their business name, or by operating under a registered company with the same name, they are not fully protecting their business name and brand.

Business owners are often unaware that a registered company or business name provides no legal enforceable right to that name. A registered business name will not give you any guaranteed legal right to stop anyone else from using your exact name or a similar representation of it. This is also true for a company name.

If you sell or buy a business with only a registered company or business name, the goodwill and reputation which is associated with that name is often NOT protected. In this case, a competitor may be using the same name and there will be very little you can do to stop them. Only a trade mark provides exclusive rights to a brand and the right to stop anyone else from using anything similar within the markets or classes of goods and services that you are protected in.

Trade marks can be in the form of a word, a phrase, a logo, a picture and in some cases a shape, smell or sound. Registered trade mark owners are able to use, license or sell goods and services under their trade mark throughout Australia and also prevent others from doing so. Registering a trade mark on the national register in Australia is assignable and renewable for ten year periods.

It is crucial that as a prospective buyer or seller of a business you are aware of the importance of trade marks. As a purchaser, you must ensure that

you obtain all of the legally enforceable rights to the brands and their subsequent equity for which you are purchasing. Without this protection, the goodwill you have paid may be worthless, and you risk a loss of profits and resale value. If you want to later dispute a competitor's right to use a similar brand or name you will almost certainly incur substantial legal costs. Without a registered trade mark, you will be unable to stop competitors from using an exact name or similar within your industry.

Likewise, as a seller, being able to promise the security of your brand adds substantial value to the business. If you can assign a trade mark as part of the business transaction, you add comfort and security for the purchaser, as well as a greater edge for you as the seller during negotiations.

Business owners and buyers must be aware of the very limited protection of a registered company/business name and the advantages of registered trade marks before entering into transactions for the sale or purchase of brand-dependent businesses.

For more information on how you can protect your business brand name, please contact Hollie Ford, a Registered Trade Mark Attorney from Contego Trade Mark Attorneys.



Making planning sexy

by Kylie Pengelly, [Productive Resourcing](#)

Do the words Business Plan make you shudder, conjuring up thoughts of dry, stuffy figures and wordy descriptions of market research and mission statements?

It doesn't have to be this way!

Your business plan should excite you, knowing all of your business decisions are reduced to a simple question "...Will it take me away from or towards my goals..?" The numbers shouldn't strike you down with fear, understanding your financial situation is powerful.

Winging it is not an option!

Imagine you've even gotten in your car to go somewhere you've never been before and thought "...I'll wing it! I'm sure I'll find it eventually..."

Of course not! You get out your smartphone or GPS and plot your route. So why would you leave something as important as your business's success to chance?

Unfortunately, no snapping of the fingers or wiggling of the nose will make this happen, you actually need to take the time to work on your business. It's a statistical must, the numbers don't lie. Poor strategic management was one of the top three reasons companies failed in the last three financial years according to ASIC.

So what does this sexy planning look like?

It's all about confidence, knowledge instead of fear. In essence you need to start by writing down 4 things: Your Vision, Your Ideal Client, Your Number and Your Income Streams

Your Vision

What was the reason you wanted to bring your particular product or service into the world? How will your thing impact the world? It doesn't have to be global, it might be at a local or state level. It is the reason you do what you do, besides making money.

Your Ideal Client

Before you matter-of-factly state 'everyone', ponder this: at the moment of purchase, there are particular characteristics required for someone to buy specifically from you. It is only those people who can be considered your ideal client. Let your competition waste their money on people that don't match!

Your Number & Income Streams

These two pieces go hand in hand. Your number is your revenue goal, how much money do you want to bring in? Take a look at your expenses; that includes your wages, to gain a realistic view of your break-even and profit points.

Now break the number down, how many products or services do you need to sell to reach that number? Is it realistic? Have you set your sights too low? Adjust your number and break it down again.

Fill in the details

The breakdown of your income streams is all you need to work out which strategic step to take next. From here you can create your monthly goals and weekly action plans for marketing, website updating, social media posts and product development to name a few.

No longer will you be frazzled by an infinitely unending to-do-list. You will have confidence knowing where to prioritise your time and resources, and confidence is sexy!



Let's talk about self sabotage and upper limits

by Natalie Khoury, [Rise Up Coaching](#)

When we think about happiness and success there is a certain level that we are comfortable with. We want to be in control of our happiness and success but the control can hold us back and allow us to only reach a certain level of happiness and success.

Going up a level is all about perception and just like playing a video game you need to overcome obstacles, kill the bad guy, generate power and extra lives to take it to the next level.

Of course you can continue to stay on that level and make the same mistakes, repeat the same habits and instead moving up a level continue to self-sabotage yourself and stay put. You know things you do to yourself by staying in a job you know you should leave, all the excuses to not starting your own business, not letting anyone love you or keeping yourself in physical pain because its all you know.

For me, my self sabotage techniques to keep myself playing on the same level is getting completely run down, write myself off with alcohol, distract myself with unnecessary projects, and my favourite one, procrastination. Think back to a time when things started to feel good, a new job, a new relationship, your health picked up, promotion at work, issues getting sorted. Did your self-sabotage and your upper limit restrictions kick in?

The first step to raising your upper limits is awareness.

Do you know what your self-sabotage techniques are? Think about times when you got in your own way of success and become aware of what you did. It's helpful to write down the triggers, your response and the outcome.

As soon as things start to flow and I take things up a level that is out of my usual comfort zone, these are things I catch myself doing.

Gay Hendricks, the author of "The Big Leap", talks about this in detail and talks about techniques that will take things to the next level.

One way of doing this is asking "wonder" questions, and letting your subconscious and conscious self think about things like:

I wonder what I could do to open myself to be loved?

I wonder how my life would look like with financial freedom?

I wonder what I could change in the company I work for if I changed my attitude and perspective?

I wonder why I'm always sick and how it would be to feel healthy?

Be ready to start to ponder and have conversations of possibilities with yourself.

Wonder questions help open up your heart to take it up a level.

For me, this means becoming aware of my self-sabotage, and that awareness gives me the strength to challenge them. When I feel that feeling arises in me, I can make a conscious decision whether to give in to it or challenge it.

We all have these upper limit restrictions – for some, these upper limits are out-of-the-stratosphere high from the perspective of someone whose upper limits are "just a little better than what I have now."

Now you have a label for the self-sabotage that keeps you from being successful and happy. If you hadn't heard about upper limits before, it's time to start thinking about it.

For me, it's an ongoing journey of self-discovery and taking that moment to say "YES, I am so proud of me, proud of where I've come from and so excited about where I am going." It's about giving myself the chance at success because I deserve it. You do too.



Why Network Marketing is a great choice for Mums...

by Sarah Poppy, [The Essential Society](#)

The decision to return to work after having a baby is a tough one for many mums and many look for other opportunities that can enable them to work, from home around their babies.

It can be daunting thinking about starting your own business from scratch and often results in a lot of start up costs to get your idea off the ground, this is why network marketing is a popular and very effective way for mums to stay at home with their kids and earn an income at the same time.

I have been involved in network marketing since the end of last year and I wish that someone had told me about this business model when I was on maternity leave. But in saying that I don't think I was in the right space to even consider what a network marketing business could mean for my family and I.

Truth be told, before starting my business with doTERRA (essential oils) I had some perceptions about network marketing that I'm sure some of you do too.

When I thought about Network Marketing, I thought:

- It's a pyramid scheme,
- Its built on lies,
- It's all about slimy sales, sales and more sales,
- It's pushy and icky,
- And its not possible to achieve what they say you can

Maybe you think the same thoughts that I once did... Maybe you think this because you have never looked into the business model – I sure hadn't.

Since being introduced to the model and learning more, I now know different...

Now I think it is the best business model in the world.

Network Marketing (Authentic Network Marketing, Conscious Network Marketing or Collaborative Business – whatever you want to call it) is all about empowering others to achieve their personal goals,

hopes and dreams while using a product they love and sharing it with others.

When I researched more about the doTERRA business opportunity it just made sense to me – it is all about building a pipeline for your future. Success in network marketing does not come instantly but the model allows you to determine what success in the business looks like for you, as it is different for everyone.

I absolutely love doTERRA and their products and getting involved with the business was a no-brainer for me, as I wanted to share these gifts of the earth with others.

For someone looking to start a business, particularly for mums looking for an opportunity to work from home around their children, Network Marketing provides an amazing platform to do so:

- It is low-risk
- It is low-investment
- You can go at your own pace
- You can fit it into the pockets of time you have
- You can leverage the power of community
- Everything is duplicatable
- You are sharing a product that you love and use everyday and recommend it to those that you love and care about
- In time, you can supplement, replace or multiply



Why Network Marketing is a great choice for Mums cont...

your income

The choice is yours, you decide what you want out of the business and the people above you will mentor you to get there.

Not only did I believe in the product but I believed in my upline (my mentor) and the company. doTERRA is a business with heart and soul and gives back in so many ways through their co-impact sourcing with farmers all over the globe and their healing hands foundation.

Now I am so grateful to have this opportunity to be involved in this business model. To put it simply, this business allows us to rise by lifting others.

The pull to join this business was so strong and something that I dived into having belief in the

company and the product, but not really knowing where this journey would take me and what my end result would be but as my business has grown the opportunities that it provides are endless and I am working towards creating the future I desire.

Some people think I'm crazy and that is totally fine, this business is not for everyone, but if there is something in this article that has spoken to you and you would like to learn more about network marketing and how it works, flick me an email;

sarah@sarahpoppy.com – I would love to chat!



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Grandfather...

by Anne Marie McGlasson, Reflection Holistic Therapy

We are never truly alone.
We are reunited with our loved ones again and again.

You are immortal.
How do I know?

My Grandfather taught me...
I am an Anglo-Australian woman with blonde hair (OK, it is touched up to hide the gray, but I refuse to fade as I get older!) and blue eyes. My biological ancestry is a Celtic mix of Irish, Scottish, Yorkshire and Cornish. I was taught to be proud of my English and Scottish ancestry. I was taught to be proud that I am 5th generation Australian. I was taught about the alcoholism that came with that ancestry. I was not taught about how white people disposed and killed aboriginal people for land, and my Irish ancestry was not advertised. In a lot of ways, as Australians, we are still not far enough from those colonial times when pubs had signs advertising "No dogs, No blacks, No Irish."

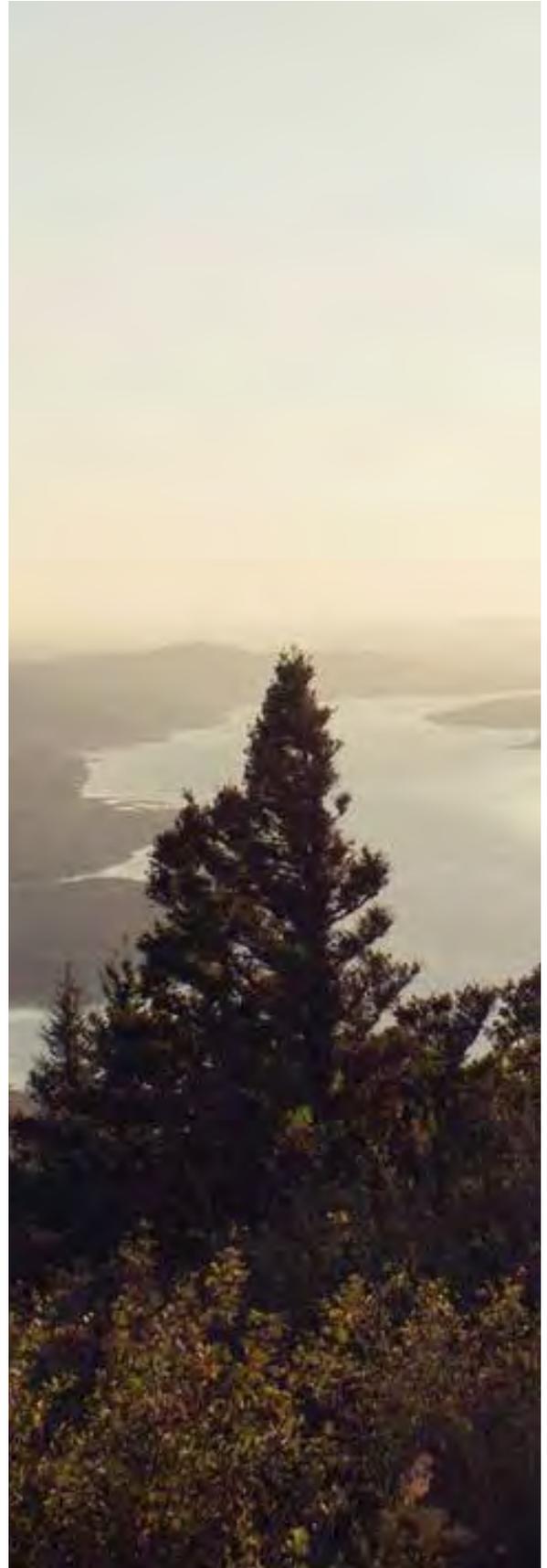
But as I stood on the grass at Rhinebeck after another life-altering past-life regression, my current-day, Celtic-derived self was still overshadowed by the me of the past. I knew I was taller and fitter and stronger. I held my head proudly and testosterone flowed through my body. Dark hair flowed down my back in a dark river that shone in the sunshine. I walked with other feet that knew the shape of the Earth beneath.

"How did you know your Grandfather preferred you to your brothers?" asked another participant.

"Because I was the best." I answered.

My present-day self cringed at the lack of humility – the arrogance. My Navajo self lifted his face to the sun and knew the truth. I was the oldest. I was the fittest. I was the strongest. I was the most intelligent. I revelled in looking after my tribe. It was my place. One day I would be an elder... just like my Grandfather. I could see the truth reflected in the firelight of his eyes as the tribe sat together many night times... listening to the stories...
But it was not to be. Not this life time.

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Top 5 tips for beating nervous tension

by Sharon Templeton, [Temple Day Spa](#)

This year has gone unbelievably fast. (Hang on I feel like I say that every year!)

Some of us this time of year can start to feel more anxious or nervous tension than usual and feelings can come flooding in leading up to Christmas due to family politics and work functions.

So I thought I would share with you my Top 5 Tips for Beating Nervous Tension:

1. Positive self-talk

It's not easy to do when your blood is pumping and you feel like your heart is going to jump out of your chest, but try and train your brain to do this. Not just in stressful situations but on a daily basis. JUST BREATHE. And don't over commit yourself too much.

2. Increase your sleep

Sounds simple but sleep can really affect your mood and state of mind. Even going to bed 1 hour earlier. Trust me you will feel the benefit.

3. Cut back on caffeine

We often hear this but it's a fact. Caffeine can cause anxiety. If you are feeling anxious try to cut back on your caffeine intake and have herbal tea instead. We all love our frothy coffees but think of how much better you'd feel making this small change.

4. Exercise!

Even just a walk. Take a few deep breaths to clear your mind from all the chitter chatter and go for a brisk walk! When you exercise it releases endorphins, which is your feel good chemical. It's spring so take advantage of this beautiful weather and get moving.

5. Relax your body

Try going to the bathroom and dripping some cold water over your wrist. It may sound bizarre but it can help the body relax!

I know that these have helped me in the past when life can get overwhelming, so give them a go the next time you're feeling stressed or anxious.

If you haven't visited us at Temple Day Spa we focus on helping you relax. Not just physically, by mentally. There is something to say about calming the mind before each treatment. One of our most popular treatments, is our Far Infrared Sauna. Studies have shown that 30 minutes in a Far Infrared Sauna coupled with a relaxing massage, can play a huge role in relieving anxiety, stress and tension.

Remember, nervous tension can affect us all at some point in our lives and there are small changes we can make in our everyday life to help. Keep these tips top of mind and practice them daily. I promise you will notice a huge difference.

Until next time,
Sharon Templeton xx



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Weekend walks

for women

by Lisa Murphy, [Big Heart Adventures](#)

Big Heart Adventures started free Weekend Walks for Women originally to introduce women to bush-walking no matter how new they were to the idea of it. I had just returned from a hugely successful inaugural Wise Women Walking tour to New Zealand in February and I wanted to keep that positive momentum and motivation vibe high.

So I created an Event on Facebook and pitched to first timers with basic fitness. The walk was not meant to be a personal training session though, it was all about the act of walking, talking and laughing.

The walk itself was free and we asked that a gold coin donation be brought along to support the wonderful work of Essentials 4 Women SA, who assist women experiencing homelessness and domestic violence with essential feminine hygiene items.

Our first walk in April was to be a nice easy stroll to the First Falls at Morialta Conservation Park and this would take around 60-90 mins. With flowing creeks, koalas and a range of easy and harder trails to choose from it was an ideal launch pad for our first walk. Through the power of social media we had 9 women turn up of mixed ages and abilities.

We all introduced ourselves and set off.

After a relatively flat and easy start, the group decided to take on a path to Second Falls after reaching the First Falls quite quickly. We all took on the slightly more challenging incline and silently, we fell in to line. Already the sense of team had started as we encouraged and waited for each other at the viewing platform.

In a space of 90 minutes these women bonded, chatted, laughed and found common ground with many members of the group, whether it was a love of the outdoors, nature, travel, the need for me time or the desire to walk in a group rather than alone.

Naturally we finished off the walk with a coffee at

a local café - the parting question everyone asked was when is the next walk?



So throughout the winter months, a walk was scheduled each month in different locations in the Adelaide Hills. We had a couple of hypothermic and stormy walks, which added to the sense of adventure.

It taught many of the women the importance of waterproof vs water resistant clothing and risking a wet walk without a raincoat or wet weather pants.

Despite the wild weather, we have had 4-12 women each month join us – testing out their gear and adding to their adventure wear.

These walks have given women confidence to take on longer walks than they thought possible and the courage to come along when they knew no-one.

It has heightened their need for adventure and getting out of their comfort zone no matter their size, age or ability – and that is what Big Heart Adventures is all about.

Big Heart Adventures has introduced monthly Wednesday Walks for Women as well as Weekend Walks for Women and a free adventure club on Facebook that women can join to hear all about these walks and upcoming events with Big Heart Adventures. These include info nights, equipment chats, after hours gear shopping experiences, social get-togethers, camping trips and extended walking experiences further afield.



10 tips to become happier & healthier.

by Dr Carla Brion, *Acupuncture & Chinese Medicine*

Being a modern day woman is a big job and can be a tough gig. Being a business woman on top of all that? Sometimes even tougher. Trying to keep a well-rounded, work-life balance as well as a healthy social life, all while managing your physical, mental and emotional health is a challenge. Often one of these important aspects of our lives slips and so the balance is lost and we start to slowly (or sometimes remarkably quickly) unravel.

Keeping our health and happiness in check should be at the top of all our lists. We only have one body in this one life so we must worship it; our temple. After all, we'd be useless caring for others, killing it in our careers and saving the world if we were unhealthy and unhappy. We must constantly top up our cups and so when we give (to our business, to our family and our friends) we are pouring from a full cup of vibrance, vitality and abundance. It all starts with stress management, mindfulness and better sleep. If we sleep more and stress less, we can handle anything the world throws at us.

So lovely ladies, here's some easy DIY ways to re-fill your cup...

1. Supplement: Take a good magnesium supplement daily or soak regularly in Epsom salt to sooth muscles and relax the whole body. Magnesium also helps improve sleep

2. Move daily: Stay active and move in a way that you love and enjoy every day. Yoga is great way to stay fit but also helps to relieve stress as it calms the nervous system.

3. Stop & breathe: Take time each day to take 5 deep, even, 'belly breaths' in a row (and practice mindful breathing when feeling stressed out). You can download apps to help with guided mediation such as 'The Smiling Mind' and 'Headspace'

4. Get out: Try to get outside each day to get some sunshine, vitamin D and fresh air, even if for just a few minutes. Walking barefoot on grass or on sand at the beach can help ground you and bring you back into balance.

5. Get support: Seek some help from professionals. talk to someone, get acupuncture to help de-stress and reset the nervous system, which will in turn help you sleep better and feel happier and healthier.

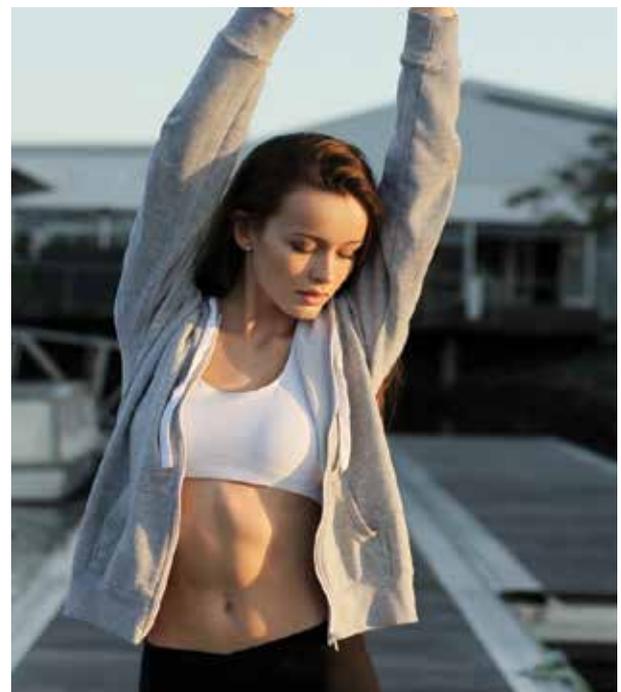
6. Create routine: Make a nightly regime to get into good habits before bed (e.g. have cup of herbal tea, read a book, do a foot soak, do some mindful breathing)

7. Be Strict: Aim for 7-8 hours sleep every night (find what works for you) as sleep helps to detoxify the brain and body.

8. Journal: Write down you thoughts, plans to help quieten that mental chatter before sleeping

9. Be Grateful: Think of 3 things your grateful for before you go to sleep each night. it can be anything - the clothes on your back or the food on your table. Have an attitude of gratitude.

10. Switch off! Try to avoid using phones, watching TV or using technology half hour before going to sleep, as it excites and increase brain activity.



Gut Reaction

the microbiome of business

by Amber Chapman, *The Business Therapist*

There are so many things you need to consider when you're an entrepreneur: creating your product or service, promoting it, finding and interacting with your customers, budgets, income tax, GST, dealing with staff and suppliers... you don't need me to tell you that it's a big list, and on any given day one or more of these things could blow up.

Beyond just doing your business, there's all of the busy stuff that life throws at us, not to mention finding time for your friends, your family and your own health.

So, it's not surprising that a factor that most entrepreneurs cite when discussing their business' weaknesses is the word and the palpable stress that is involved in keeping everything up in the air.

But when you step back and take a broader view, it's easy to see that getting caught up in the day to day routine means that after a while, you lose perspective of where your priorities lie, and you begin to confuse being busy with making progress.

We fall into a mindset that makes us feel guilty if we aren't doing anything BUT working, which leads to worry, burn out and stress.

That stress undermines your whole health, and if something happens to you, what do you think will happen to your business and capacity to make decisions?

So, let's consider one practical step you can take straight away to calm your farm.

One of the more interesting aspects of recent medical research is that researchers are beginning to look at the effect of the gut's microbiome on our health. For those not up to date with the latest gastrointestinal jargon, the microbiome is the general term for what Michael Pollan, in a fantastic article for the New York Times, describes as a pound or two of microbes together forming a vast, largely uncharted interior wilderness that scientists are just beginning to map.

While food can obviously affect the way your body functions (see *Supersize Me* if you haven't already,

for a bright and primary coloured example of this), new research into your gut's flora is proving a rich field of enquiry.

The theory seems to be this:

the flora in your gut play a massive role in more than your physical health; they can dictate the moods you feel and their intensity and duration.

What you feed to yourself, you feed to your gut's flora, which are responsible for the production of neurotransmitters such as dopamine and serotonin.

One of the worst effects of stress is its capacity to change the make-up of your gut's microbiome.

The effect of this change is that certain of the gut's bacteria that produce dopamine and serotonin are crowded out by the gut flora that can adversely affect your brain's capacity to function, and in particular, with regard to your mood.

The result is a feedback loop, where stress affects the microbiome and even the gut lining, which affects your mood, which renders you more vulnerable to stress, which reinforces the process. It becomes a spiral from which it's very hard to recover. Or so you'd think. Actually you can break the circuit. Recently, there has been a heap of research done, linking diet, gut microbiome and what, for lack of a better description, we'll call mental health.

That research shows that by changing your diet to include fewer refined, processed foods and more whole foods, such as fresh meat, vegetables and fruits, you encourage the kinds of gut flora that create the kinds of neurotransmitters that create a positive mind set to flourish. Exercise also directly reduces stress as does meditation but well expand on these in future articles. Inevitably, there will be difficulties, speed bumps and set-backs in your business life. No-one ever rides a long, smooth highway to success.

However, with the right tools to hand, almost any obstacle can be surmounted. Just imagine: by taking the time to exercise and eat well, you'll sleep better and feel better and you'll do better. — 

Balance your hormones naturally.

by Jo Garner, *inSync Bioresonance Therapy*

Hormones and our gut microbiome have a much bigger effect on our health than most people realize, in fact if they are imbalanced these two factors can actually destroy our health.

Health, energy, weight loss, skin issues and muscle tone will all improve by simply regulating our hormones and fixing the gut bacteria.

For so long we have got it wrong by focusing on calorie counting, low fat diets and increasing stressful exercise if we want to lose weight and improve our health. Often results we are aiming for are rarely achieved.

Those that suffer from skin issues, fatigue, weight gain especially around the middle, have trouble sleeping or always sleeping, PMS, endometriosis, infertility, PCOS or other issues may find that addressing hormones is vital for recovery.

We need to understand what our lives and environment and food choices are doing to our hormonal health for both men and women and start taking preventative steps so that we have minimal issues in our lives.

It's all about the hormones

Hormones are our body's chemical messengers. They travel in our bloodstream and connect to cell receptor sites working slowly and affect many different processes including metabolism, reproduction, mood and much more.

The production of our hormones is a complex process and they depend on beneficial fats and cholesterol to work well, so deficiency of these important dietary factors can cause hormone problems simply because the body cannot make the building blocks. Toxins containing chemicals can mimic these building blocks or the hormones themselves thus disrupting the natural process of our system and essentially creating havoc.

How to Balance the Hormones

1. Eat enough healthy fat

Eliminate all man made fats from your diet, polyunsaturated vegetable oils (canola, sunflower, peanut oils and margerine) which cause inflammation and are too high in omega 6. Increase good saturated fats that have beneficial omega 3s such as coconut oil which is amazing for hormonal health, olive oil, pastured eggs, avocados, walnuts, grass fed animal fats and quality seafood.

2. Avoid harmful chemicals

Chemicals found in plastics, fragrances, pesticides and personal products can contain hormonal mimicking chemicals that stop the body from producing real hormones. Look for safer cleaning products, eliminate all perfumes, store foods in glass and eat organic where possible.

3. Increase Sleep

Without enough sleep our hormones will not be in balance. The body recharges, removes toxin build up and creates hormones during a good sleep. It is essential for good health, weight loss and can be detrimental to your health when the body is not given enough.

4. Exercise wisely

Intense exercise can make hormonal problems worse, sleep is more beneficial during the balancing phase, so focusing on relaxing exercise like yoga, walking and swimming will help the body to rebalance faster. With then gradually working into twenty minutes of short bursts of functional exercise with kettle bells, squats and lunges will be beneficial and can trigger a cascade of beneficial hormone reactions.

5. Eat Real Food

Eat enough high quality proteins, good fats and nutrient dense vegetables and drink the best clean filtered water you can find.

Balance your hormones naturally. cont...

6. Limit the Coffee

Caffeine can cause havoc with the endocrine system, especially if there are added stressors in the body such as toxins, fat imbalance and stress. Drink herbal teas or turmeric drinks instead.

7. Essential Oils

Essential oils are more than nice scents; they are powerful plant extracts that can be beneficial to our health and can assist in correcting imbalances in our hormones and body.

8. Personal Care

Would you eat the products you are putting on your body? It is common for some women to put on up to 550 synthetic chemicals before they leave the house. Using makeups, deodorants, nail varnish, hair products, tanning lotions are cocktails of chemicals

that can cause destruction to our health and especially endocrine system. There are many safer products available now that aren't as destructive on our systems.

Start to live consciously, think about what the best option is for your health and life and start to make informed changes to all the products you choose to buy and what you are eating.

Love the life you are living as you only get one chance at it.



DREAM — LOVE —

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Hello Spring!

by Bel Vitagliano, *Little Vintage Body*

We meet again.

And while I love you, my skin on the other hand is having a hissy fit!

It's dry, itchy, flaky and my free gift with purchase is "sneezing, watery eyes and a runny nose!" But I don't despair, I make a frantic scramble to the bathroom to find something that will soothe it and take off the 55 layers of dead skin that have built up over the long winter months, and all I can find is some dental floss and a hand Cream my nonna gifted me back in 1997.

I'm now officially Kaput!

This is the unbelievably true story of my plight to De-tox my family and yours, from the Harmful Chemicals found in our everyday lives and place the power back into your hands when it comes to your health and wellbeing and that of those around you.

Let's familiarize ourselves with tricky words like Sodium lauryl sulphate, Acrylates copolymer, Dioxane and Homosalate.

These are in our shampoos, deodorants, sunscreen and toothpaste.

When you see them RUN! These are so toxic and mess with your body, you definitely don't want them anywhere near you, let alone on you!

In my household Allergies and Eczema run rife. Anyone relate? I'm always on the lookout for natural and non-toxic alternatives to treating it.

Well, I reckon we've spent America's foreign debt on creams and lotions trying to find one that works.

So I said "right!", "that's it!" There's got to be something I can do! So, like a Hippie Mumma I grabbed the Organic Coconut oil + some other ingredients out of the pantry and made a natural moisturiser. It did the job and three years later, without even realizing it you've made a whole range of non-toxic alternatives to everyday products and you want to share it with the world because that small daily change is an awesome achievement to doing

something good for you, your family and friends.

HECK! If I can do it, anyone can!

'High five' yourselves as you start on this De-tox journey.

..

TO get you started here's a really simple moisturiser recipe you can try at home:



LVB Moisturiser

- 1/2 cup Organic Coconut oil
- 1/2 cup Organic shea butter
- 1/8 cup Olive oil
- glass jar with lid.

Method:

Place Coconut oil, shea butter and olive oil in a microwave safe container.

Heat in microwave for 1-2 minutes until almost melted. Being very careful, remove bowl, stir.

Pour liquid into glass jar and put on lid.

Allow to set.

And Voila!

Soft skin..

Let me know your thoughts..

Did this recipe help you embrace spring? — 



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Charity Starts at Home

The Zahra Foundation

by Kylie O'Callaghan, [Zahra Foundation](#)

Zahra Foundation Australia is a newly established South Australian based charity supporting women and children affected by domestic and family violence. The foundation specifically aims to address the financial abuse and disadvantage often experienced as a result of domestic violence.

Zahra Foundation does this through the provision of small grant opportunities for these families and tailored programs that promote the economic empowerment of women and their children and create pathways for women into further education, training and employment.

Zahra Foundation has been a collaboration of the South Australian specialist domestic violence services and the three children of Zahra Abrahamzadeh.

Zahra Abrahamzadeh migrated to Australia with her husband and children in 1997. Zahra left her family and friends behind with great hope for a better life for her family.

The restrictions of being in an abusive and controlled marriage limited Zahra to live a full life that she had hoped for. Despite all this, Zahra embraced the opportunities in Australia.

Although she endured much pain and abuse throughout her marriage, Zahra remained positive, strong and never lost hope. Zahra's strengths were her great sense of humour and commitment to family. Zahra was a caring mother devoted to her children. She fiercely protected her children from threats and abuse by her husband.

In 2009 Zahra took the brave steps to leave the family home with her children and were assisted by the Central Domestic Violence Services. Zahra and her children stayed in hiding in order to keep themselves safe. As a mother her strength never wavered even though the threats continued to haunt her and her children. However this did not affect her attitude, approach and willingness to continue to rebuild her life.

On 21st of March 2010 Zahra attended the Persian New Year function at the Adelaide Convention Centre, to celebrate this cultural event and her 44th birthday. This celebration was cut short when her husband took her life in front of 300 witnesses including her daughter.

Zahra's legacy lives on through

the commitment of her children and the establishment of such a foundation in her honour.

Zahra Foundation Australia officially launched on September 5 2015, at the Adelaide Convention Centre as a way of reclaiming the space for Zahra and her family. Among the 400 guests were many prominent Australians, including 2015 Australian of the Year, Rosie Batty.



Although Zahra Foundation has received some Government support, the Foundation's message is that domestic violence is everyone's business and so rely on the support from business and the wider community to do the important work they do.

Zahra Foundation are currently working on developing programs which will create meaningful pathways for women into further education and employment and help them to break the cycle of violence and poverty in their lives. If you would like to contribute your services or assistance to the foundation please get in touch to discuss how you might be able to work together to help keep women and children live a life free from violence.



Reflections

by Jess Caire, jesscaire.com.au

This year started like most others, I spent the first few days reflecting on the year before and setting new goals. This year though, aside from the usual business, personal and self-development goals, I set myself the goal to trek Kokoda with Turia Pitt and my friend, Sal. Little did I know this goal would completely change the course of 2016.

Before I go on, here's what you need to know about me. I'm a mother of two, wife and business owner who lives between SA and QLD (that's another story!). I've owned my business for seven years, and just when I think I have my head around it, something challenges me. But the benefits outweigh any challenges. Taking something, growing it, pouring yourself into it and seeing it blossom is one of the greatest joys for a business owner.

This year was the awakening of something in me. I launched my passion project, jesscaire.com. How it will evolve is yet to be seen, but right now a lot of who I am is invested in the JC project. It's a place to connect, motivate and empower women from all walks of life to believe in themselves, their journey and to support each other's successes (and challenges). I didn't know at the time how important this project would become.

Fast-forward to May 25, two days into Kokoda. I was getting my groove, enjoying the sweat, humidity and ridiculously steep climb. The day plays on repeat in my mind like a song you can't shake. It had rained a lot, the ground was unstable and all I could do was carefully follow the footsteps of my porter, Nou. I remember climbing up and over a tree stump, placing my foot in the same spot Nou had just stepped, but the ground went from beneath me, and in seconds I was falling down the side of a steep ravine.

It was fast, and then it wasn't. I was hanging in some vines by my leg, thinking this is it. This minute right now, is where it all ends.

I didn't die – obviously, I'm here writing this. But it was the beginning of an ordeal that I am still physically and mentally overcoming.

The weeks that followed were dark. I had gone from being a strong, independent woman to someone who couldn't move without help. Something inside me was broken. I didn't want to know about my business, I couldn't bring myself to check my email or phone. I didn't want to know what was happening outside of my room. I wanted to be ok, but I wasn't, and I didn't want to ask for help – I actually didn't know how.

Going back to work sent the message I was ok, even though I wasn't. I felt like I had survived this ordeal and I should be feeling so 'lucky'. I should be excited for my friend who had been brave enough to continue the Kokoda trek without me and deserved all the celebrations in the world. But I didn't know how to talk about all my feelings. I found myself back at my office – somewhere I loved, doing something I had always loved, but it didn't feel so loveable any more. My goals seemed silly, my favourite books didn't feel so favourite. There was a new me sitting where the old me had been.

I started to write, and quickly it became therapy. Writing saved me from some dark times and helped me get to know the new Jess.

While I still carry the physical limp of a badly injured leg, I feel the new Jess (who is a lot more upbeat than the Jess that lived in my room in the weeks after my accident) is an improved version of the Jess that started this year. This challenge has allowed me to find a new creative outlet, to embrace my vulnerability, and to accept that I don't always need to be ok – and that's ok too. The new me does things the old me wouldn't have. Now I say "what's the worst that can happen?", "how will I feel if I don't do it", and "who am I not to do this".

Challenges come, and they keep coming. They hurt. They test us. But when we ride that wave and grow from it, we open ourselves to new possibilities, to new beginnings.



Wellbeing and Success starts with talent

by Andrea Rivett, *Nifty Outcomes*

What are you naturally good at? What makes you unique? I know you've got some great talents and we haven't even met yet. Do you like to talk to people in lifts and airplanes? Do you have a colour-coded diary or wardrobe? Do you make to-do lists and get excited as each item is ticked off? Do you ask a lot of questions? Do you smile and see the silver lining? These aren't just quirks, they are talents – natural processes, behaviours and thoughts.

But of course we're not all the same. We have different ideas and use these to access different paths to get to the same destination. That's totally cool because my talents are different to yours. Together however, we'd probably share some great ideas and make a fabulous team on a project. Once identified, talents need to be acknowledged, nurtured and put into practice. This is how they become your strengths. Consider an Olympic sprinter. Being a fast runner is a natural talent however with conscious effort, guided coaching and development there is a greater potential to becoming a gold medallist.

Think about the people around you – family, friends, and colleagues. Why do these relationships work? Which talents do you bring as individuals and as a collective group? Imagine how different things would be if we focussed on what people are naturally good at rather than focussing on their weaknesses. It's a refreshing thought, isn't it?

Over 40 years of research proves that when people focus on what they do best, they succeed. When talents are developed into strengths we are more productive, perform better and are more engaged in our daily lives. People who focus on their strengths are three times more likely to report having an excellent quality of life. I know you're worth it and so am I.



Let me be as a feather

by Grier Neilson, [Bohemian Ekko Creative Studio](#)



“Let me be as a feather, strong with purpose yet light at heart, able to bend. And, tho I might become frayed, able to pull myself together again.”

— *Anita Sams.*

Grier Neilson’s Feathered Project is a pictorial art series that was inspired by the strength and fragility that she saw in the everyday women around her. These women had each fought their own battles and carried their own scares yet continued to rise above the noise and emit a luminescent beauty.

Grier explains that feathers form the plumage of a bird which makes the wings that raise it above civilisation and into a freedom like no other. The Feathered Project’s purpose is to tap into our inner strength and femininity to reveal our gentleness and power together with our individuality, sexiness and inner strength.

Combining this beauty of the female form with the ruggedness of our unique landscapes provide the enchanting pictorial symphony that raises its participants above their everyday conformities.

The Feathered Project has been raising women by stripping away the bark of society’s expectations and constraints to reveal the inner goddess and

self-love for who we are no matter how many roles we have to fulfil. Mother, business woman, daughter, friend, wife, partner, school mum... all labels we fall into or have to live up to. Being able to depart from these momentarily to rediscover the raw essence of our being and reconnecting with nature is an empowering journey everyone should undertake.

As an image creator, Grier is able to work with her subjects through Photography, Makeup, Body Art and the creation of custom props to capture a pictorial rendition of their journey while, not only taking them out of their day to day environment but their comfort zone as well.

This year saw Grier’s first SALA Exhibition “Feathered” feature some of the photographs that she had captured during this project to date.

“This project is close to my heart”, Grier continued, “stripping away those layers and expectations of today and getting back to nature while building beautiful connections. All while having an exciting journey of selfdiscovery along the way and completing the process with a powerful image of themselves to keep forever.”

“Being able to exhibit some of these, along with insightful testimonies from the incredible women involved, has just been a complete honour for me”, Grier concluded.



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Christmas Miracle Management Plan

By Jannine Hayles, [J9etc](#) & Fluff & Bubbles

This Christmas is one of the most magical times of the year; whether you're a believer or a celebrator, Christmas is a bright light at the end of every year where the world stops for just a minute, and families come together. But Christmas can be demanding, stressful, and overwhelming. Those few days, when everything is still, and you can just be with those you love, are usually the result of A LOT of work.

Without some serious planning, Christmas can become totally hectic! And not in the good 'I've got so many Christmas parties to go to' sort of way. That's why we love a list! Christmas miraculously squeezes a hundred-and-one, wonderful activities, responsibilities and events all into a couple of weeks. That's why an ordinary to-do-list just doesn't cut it; you need A Christmas Miracle Management Plan! AKA, our five favourite Christmas lists - designed to cover all your bases.

Tis The Season To-Do-List

Use this to keep track of all the things you want, and need to do this Christmas:

- Christmas baking
- Putting up the tree
- Visiting Christmas lights or markets
- Watching the Christmas Pageant

This is also a great spot to note down all your brilliant ideas – craft activities, new recipes, colour schemes etc.

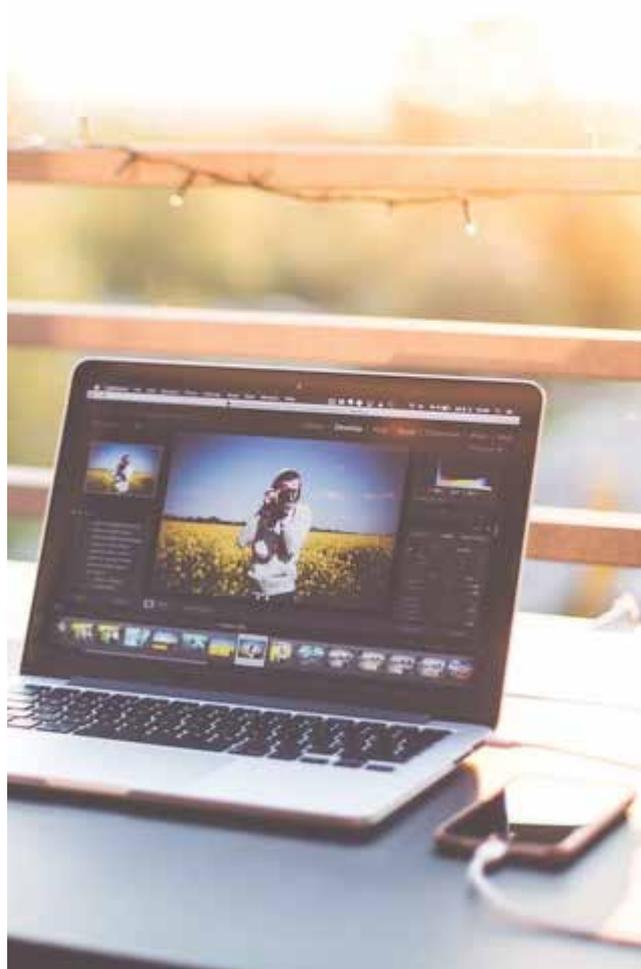
Gift-Giving Guide

This is the perfect place to keep track of gift ideas, and your budget. PLUS, noting down what you've bought for whom means that when it comes time to wrap them all up, you know exactly who's getting what!

Festive Food Menu Planner

We can imagine all the delicious Christmas Day treats you'll be adding here! Use our menu planner for the whole holiday period. Planning all your meals (even if it's leftovers) will keep waste to a minimum, and costs down.

*Christmas TIP - turn your menu into a super-streamlined shopping list. Lots of recipes will call for the same ingredients, so figure all the quantities and then group your list by store and section (fresh produce, pantry goods etc.). It'll be worth it when you get to the supermarket!



Christmas Miracle Management Plan

cont.



Christmas Party To-Do-List

Hosting a Christmas party? You need this list! Keep track of everything you need to do (invitations, decorations, seating, music etc.). PLUS, if your guests are bringing food, drinks or anything else, you can detail it all, right here- avoiding the dreaded 'three green salads and no Christmas pudding'!

It's A Fine Line: on the day timeline

Christmas Day is finally here - that's a really short window to get through everything you need to! Schedule everything so your day runs smoothly; timeline takes the pressure off and means you'll have more time to enjoy the party!

Sign up at j9etc.com.au to receive your A Christmas Miracle Management Plan.

Most importantly Christmas should be FUN for you and your family! Don't forget to reward yourselves, and celebrate the time together. Our customizable Advent Calendars are a great way to enjoy the countdown to Christmas with your little ones or treat yourself (chocolate and Christmas cocktail recipes? Yes, please!) Available in a number of cute-as-can-be designs, our Advent Calendars are the perfect place for Christmas treats, and activities for the whole family (think staying up late to watch a Christmas movie, visiting the Christmas lights, making gingerbread or paper-chains). We have a fantastic range of chocolates and lollies, ready to complete your calendar, as well as awesome activity cards for every age.

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The Baby Manual

surviving the first weeks

by Donna Mansell, [MotherNurture](#) & [The Baby Manual](#)

I have been working with new mums for most of my career. Lots of people think that working as a Midwife means you must really love babies- but no I really love women! (In a professional way!)

I love that they don't know how strong they can be

I love that they have such a strong instinct to protect and love their newborns (even when they keep them up all night)

I love that they find it funny that there babies look like there partner even when they did all the heard work growing them

I love that they come and see someone like me to help guide them through the most important journey of there lives- parenthood.

I have a busy private practice seeing new mums and there babies one on one but I realized that there was a need to help more women but through a platform that they could access when it suited them.

Hence- the birth of 'The Baby Manual'.

It is an 8 week online course for new parents. Each week a new set of video's and resources will be released suited to that week in the new parents world. Each video has been recorded with expert knowledge from a leader in their field (eg- Women's Health Physio talking about pelvic floor recovery). The speakers include- Women's Health Physio, Obstetrician, Pediatricians, Dietician, Baby Massage Instructor, Paedatric Sleep Psychologist and a parenting expert.

This has been possibly the hardest thing I have done as a small business owner both mentally and emotionally- sometimes having your own back and jumping in with both feet is harder than it looks.

However I couldn't have got to where I am without the help of many sassy ladies that have helped me with there expert fields along the way.

The saying goes it takes a village and having a business is no different to bringing up children.

So as I take this journey hopefully helping thousands of new mums across Australia (and paying the school fee's) Know we are all the same, there is always something that seems so hard you just cant overcome it- but you can. Just dig in those heels and keep taking one step in front of another as you will always get to where you want to be - the journey might just take you a different way than you planned--- but the view is always better than you could have dreamed!!!

Hopefully this story helps you to realize you have what it takes!! Just give it a go....



3 Tips for a mindful pregnancy

by Hannah Willsmore, *Adelaide Hypnobirthing*

We are living in an increasingly busy and fast paced world. The demands on pregnant women are also becoming greater. We are working longer into our pregnancies so that we have as much maternity leave as possible after baby arrives. We are then going back to work sooner than ever after the arrival of our little one. Not to mention the fact that we have more and more information available to us with advances in technology. It can be hard not to get overwhelmed by everything

Pregnancy is often a stressful and unknown time. Add this to our already stressful lifestyles and it can all come to a head very quickly! This can manifest in many different ways. Perhaps it is difficulty falling asleep at night because your mind is racing. Or maybe it is the sheer exhaustion that you feel at the end of the day when you collapse on the couch. It may even be feeling overwhelmed with all the appointments, tests and changes that are happening to your body.

Eliminating all of these stressful things may not be possible, and that's okay. Mindfulness is a brilliant technique that can help you to cope with everyday

stress, and research has shown that it can have great benefits for your mental and physical wellbeing (and that of your baby too!). Below are my top three tips for a mindful pregnancy.

Slow down

– In this fast paced world that we live in it is important for us to consciously slow down and make time for self care. This may mean making that pregnancy yoga class a priority, booking in for a pregnancy massage, or even enrolling in childbirth classes to help you relax and positively prepare for your birth. Or it may just be as simple as taking 10 minutes to do some deep breathing or meditation exercises in your lunch break.

Connection

– when you're feeling overwhelmed take a few moments to connect with your baby. This is such a simple technique that can really bring you back to the present moment. Place your hand on your tummy, take a couple of deep breaths and really take note of the movements that your baby is making.

Prioritise sleep

– pregnancy is physically and mentally demanding on your body so you are very likely to need more sleep than before. Ensure that your bedroom is a quiet and relaxing environment. Make it a priority to wind down from your day and to get into bed early. Create a routine – perhaps taking a nice hot shower, massaging your legs and belly, and then hopping into bed to read before nodding off.

Stress during pregnancy can really have a big impact on how you are feeling and bonding with your baby. Taking small steps to reducing this stress, and employing techniques such as mindfulness can be the key to avoiding overwhelm and to making this time the beautiful, positive experience that it should be.



Lasting Passion

in your intimate relationships

by Lisa Page, *Soul Satisfaction for Women*



Most well meaning 'relationship experts' will tell you that to reignite the passion in your intimate relationship you've got to go on a date night, buy some sexy new lingerie, have a romantic weekend away, or try something new in the bedroom.

But let me save you a lot of time, money and heart-ache while I bust a myth for you.

These ideas are great in theory, but in reality, they're completely useless unless you know how to tap into the 'source' of deep loving passion.

Let me tell you a story about a client of mine.

Geffen and her husband worked together from home. They loved each other, but the passion in their relationship had slowly died over time. So they decided to have a regular date night to 'get the spark back'.

One Friday afternoon Geffen called me sobbing. They were at breaking point. The date nights were actually making things worse.

Here's why.

Because they were making the same mistakes on the date nights that had killed the passion in the first place!

They had a date night planned for that Friday night,

but she was dreading it. So I did a coaching session with her.

Here's what happened next.

She sent me an email Monday morning saying this...

"Hi Lisa,

I'm writing to thank you for our coaching session last week.

As you know, recently my husband and I agreed that we needed to make a regular date night to

keep the fire of our relationship burning strong. We work together from home and the transition to date night can be difficult to achieve.

In the past, after twelve hours of working with clients and managing my businesses, I wasn't feeling capable of making the emotional and mental shift to be a 'hot date' for my husband.

But I did what you suggested in my session with you and get this... To my surprise and my husband's delight - what was meant to be a date night, turned into an entire date weekend!!!

It was amazing to feel so connected, juicy and delighted to be with the man I see every single day. Thank you for helping us resurrect the passion that brought us together in the first place!"
Geffen – California, USA

What did I teach Geffen that made such a difference?

How to tap into the 'source' of passion - The little known arc of erotic energy that is created by the dynamic of masculine and feminine energy in an intimate relationship.

Embodying the polar opposites of masculine and feminine energy.

Lasting passion in your intimate relationships

by Lisa Page

Here's how it works.

Imagine you're holding two magnets in front of you. One in each hand. When you bring the two 'plus' ends close together, they repel. The same thing happens if you bring the two 'minus' ends together.

But, if you bring the two opposite ends together - the 'plus' and the 'minus' end of these two magnets are magnetically drawn together.

In your relationship it's the same, except one end of the magnet is the feminine and the other is the masculine.

Magnetic attraction happens when that arc of erotic energy is activated because you are both embodying the polar opposites of masculine and feminine energy.

You're in your feminine, overflowing with the fullness of love, pleasure and life in your relaxed, open, feminine body. Your partner is strong, grounded, clear and present in his masculine depth, and voila!

(NOTE - This applies to heterosexual and same sex relationships.)

Here's the thing. The fires of deep loving passion don't burn by themselves. They must be tended to and stoked. Skill-fully, consciously and often.

When you know how to activate that arc of energy you know the real secret to a long lasting, deeply passionate relationship. And once you harness the power of masculine and feminine energy within your intimate relationship, it won't matter whether you're making love, having dinner or doing the dishes together, you'll still be able to keep your relationship juicy and alive with deep and lasting passion.



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Vanilla Bean Almond Milk

by Amber Chapman



Ingredients

140g* (1 cup) raw almonds, soaked in water overnight with a pinch of sea salt

690g filtered water

2-3 pitted medjool dates or honey to taste

1 tsp vanilla extract OR essence

OR pinch of vanilla bean powder

½ vanilla bean (seeds scraped in)

(OPTIONAL but increase vanilla touch if omitting)

*140g almonds weigh 220g once soaked

1/. Weigh 220g of well rinsed soaked almonds into Thermomix bowl or blender. Then weigh in 690 grams of water and all remaining ingredients including dates and blend for 1 ½ - 2 minutes/speed 9 or high speed in blender.

Do not release lid suddenly, wait one second.

2/ Pour into nut milk bag positioned in a jug and squeeze by hand (wear gloves) to extract liquid.

3/ Pour into 3 x 250 ml bottles or 1 x 750ml.

4/ Chill milk and shake bottle before serving
Consume within 2 - 3 days and can be frozen in zip lock bag or ice cube tray.

Method >>>



Cinnamon, pecan and pumpkin bread... oh my!

by Stitches and Spoons



We've never been very good at breakfasts - we go through stages where I'm sure we eat the same things for a whole week; smoothies, chia puddings, ham and cheese croissants, but every now and then we look for something a little different. We love bread, but like many, eating too much of it doesn't agree with us. We also love cake, but cake for breakfast tends to be frowned upon!

So we've created the perfect alternative - our Cinnamon Pecan and Pumpkin Bread is similar to a banana bread texture, with a touch of sweetness and packed full of goodies. If you pre-steam and mash the pumpkin, it's basically just a mix-and-bake - we suggest to freeze your mashed pumpkin into pre-weighed amounts for easy baking!

This bread is perfect served warm with some nut butter, and will keep for a few days - if you can stop yourself from devouring it!

Much love,

Alicia and Amanda

This recipe has been created especially for the Thermomix - you can find more recipe inspiration, cookbooks and boutique kitchenware at Stitches and Spoons - www.stitchesandspoons.com.au.

Cinnamon, Pecan and Pumpkin Bread

Makes 1 loaf - Gluten Free, Dairy Free, Vegan

Ingredients

Filling

120g pecans
2 teaspoons ground cinnamon
40g coconut sugar
40g maple syrup

Bread

375g butternut pumpkin, peeled and diced into 2cm cubes
200g spelt flour
2 teaspoons baking powder
70g coconut oil
130g maple syrup
60g almond milk (or any other milk)
40g apple sauce
20g vanilla paste

Method

- 1/ Preheat oven to 180 degrees, and line a loaf tin with baking paper.
- 2/ Place pecans into TM bowl and chop 2 sec / speed 4. Add remaining filling ingredients, and mix 10 sec / reverse / speed 3. Set aside.
- 3/ Without washing, add 500g water to the TM bowl, then place the lid on followed by the Varoma dish. Place the diced pumpkin into the Varoma dish, then put the lid on and steam for 15 mins / Varoma temp / speed 2, or until soft. Set pumpkin aside, then clean and dry bowl.
- 4/ Add coconut oil to TM bowl and melt 2 min / 70 degrees at speed 1.
- 5/ Add the steamed pumpkin into the TM bowl with the coconut oil, and mash 20 secs / speed 3.
- 6/ Add maple syrup, milk, apple sauce and vanilla paste to TM bowl, combine 20 secs / speed 3.
- 7/ Add flour, baking powder and salt, and combine 20 secs at speed 4.
- 8/ Pour half the batter into the lined tin, cover with the filling mixture, then cover with the remaining batter. You can run a skewer through the batter back and forth along the tin if you want the filling to be 'swirled'.
- 9/ Bake for 50 minutes, or until a skewer comes out clean (depending on how much moisture your pumpkin has held this can sometimes take 1 hour, but check at the 50 minute mark).
- 10/ Remove from oven and allow to cool before turning out onto a rack. !



Moroccan Spiced Roast

vegetables, chorizo + herb sauce

by Sam, *Feastling Catering*

Here's a super simple, delicious way to incorporate a large variety of vegetables into your day. It can be enjoyed on its own or pop down to your local butcher and ask them for their recommendation. Here I have used skewers as a serving suggestion.

Ingredients:

For the sauce-

1x 250ml tub of natural greek yoghurt
1x lemon or lime (juiced and zested)
1x bunch of fresh dill finely chopped
1x clove of garlic crushed and chopped finely
Salt and Pepper to taste

For the Moroccan spice-

Mix together:

2 tbs of sweet paprika
1 tsp of fine sugar (preferably brown)
1 tsp of salt
1/2 tsp fresh cracked pepper
1/2 tsp ground cinnamon
1/2 tsp ground nutmeg
1/4 tsp ground cloves
1/2 tsp ground cumin
1/4 tsp allspice
1/4 tsp cayenne

(Alternatively if you dont have time to make this from scratch, a Moroccan spice blend similar to this can be found in the spice section of your local supermarket)

For the vegetables-

The vegetables can be anything great for roasting. I recommend that you use foods that are in season to maximize flavor and nutrition.

For this recipe I used

1x sweet potato peeled and cubed
4x carrots peeled and cut into batons
8x small potatoes cubed (skin on)
1x bulb of garlic (kept whole, skin on)
1/2 kent pumpkin (skin on)
2x zucchini cubed (skin on)
1x stalk of leek finely silced
2x red onions cut into slices
1x bunch of asparagus halved
1x stick of chorizo sliced
Can of whole chickpeas (drained)
2x sprigs of rosemary
Splash of good quality olive oil

Method:

Heat oven to 200 degrees or 180 degrees for fan forced

1/ In a bowl add the yoghurt, lemon juice, zest, garlic and dill together. Stir until fully combined, add freshly cracked pepper and salt to taste.

*For the vegetables, it is important to remember that some vegetables will cook faster than others. In the ingredients list I have written in order which vegetables take the longest time to cook (sweet potato being the longest, asparagus being the shortest)

2/ In 1 bowl place sweet potato, potato, carrot, pumpkin

3/ In a second bowl add remaining vegetables and chorizo (except garlic)

4/ Drizzle both bowls with olive oil and a sprig of rosemary, toss vegetables until coated.

5/ Dust both bowls with the Moroccan spice and toss until well coated.

6/ In a large roasting tray add the first bowl of vegetables, plus the whole bulb of garlic, and place in the oven to roast for 10minutes.

7/ After 10 minutes, remove roasting tray, stir/turn vegetables and add the second bowl of vegetables to the tray, along with the chickpeas.

8/ Roast for another 10 minutes, checking and turning until all vegetables are cooked and beginning to caramelize.

9/ Remove from oven and serve with yoghurt sauce drizzled over vegetables.

10/ Serve on its own or with lamb/chicken skewers, lamb backstrap, steak or chicken breast.

*any left overs are fantastic used in a tomato based risotto or pasta the following night.



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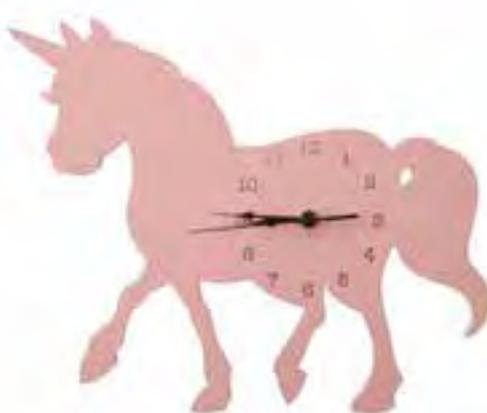
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Succulent or Cactus wreath or centrepiece

by Andrea Christie, [Poppy and the Wallflowers](#)

Christmas! It's almost upon us, and I don't know about you, but I haven't given it a second of thought until I sat down to write this article.

Recently my husband and I bought our first house, so this year we have decided to have both our families here for Christmas lunch. The food isn't an issue as everyone will bring something to share, so really all I have to think about is how to style the tables. Which is of course my favourite part, being a Floral Stylist and all.

When you think of setting a Christmas table what springs to mind? A sea of red and green? Santa? Tinsel? Reindeer? Naturally! That's Christmas right? Well not for you and your family this year, if you choose one of my ideas for a modern Aussie Christmas table.

I am an avid DIY-er and I have got a couple of budget friendly ideas to make your table the talk of the town, or maybe just get your family and friends inspired to top you next year. Give them a go and let me know how they turned out for you by posting to instagram and tagging @poppyandthewallflowers I would love to see what you come up with!



Succulent or Cacti Wreath or Centrepiece

What you will need:

- A wire wreath frame
- "brick" of Sphagnum Moss
- Fine gauge wire
- Succulents or Cacti of your choosing (not too big)

You can find all of these items at good craft and garden stores or online

Step 1. Follow the instructions to hydrate the sphagnum moss, you won't need much, approx a third of the brick hydrated per frame.

Step 2. Push the moss onto the wreath frame. It is easily mouldable, make it a couple of inches thick in order to have room for the stems/roots of the plants

Step 3. Tie the fine gauge wire to the wreath frame and then wrap it around the frame and moss at 2cm intervals until you reach where you started. Tie off and trim any excess.

Step 4. Poke small holes in the moss where you want to plant your plants, being careful they don't go all the way through (you can use a chopstick or a skewer for this) and that they aren't too close together.

Step 5. Get planting! Clean off any dirt from the roots/stems before planting. Make sure you poke them in deep enough and push the moss down firmly around them. Continue until you are happy with how full your wreath is, remembering to give them a little space to grow. Give them a light water with a watering can.

Step 6. Leave on a flat surface for a few weeks while the plants get settled in their new home. Remember to water lightly and often, but not too much or the succulents can rot and die.

Step 7. Hang on your front door as a cool welcome wreath or make a couple and use as table centrepieces, adding a candle or vase in the centre.



A day in the life

daisy + hen



Waking up before the rest of the house is my only alone time for the day. Some Pilates and planning on the mat.



The child care drop off run. Car selfies are Mumma's favourite. Wiggles songs are Henry's favourite.



Opening up the shop for the day. Awesome coffee shop just next door.



Coffee and paperwork is my morning ritual. Online orders checked off, 3759 emails answered, social media planning and general shop things.



Playing with stock! Photographing stock for Instagram. Planning and buying stock for next week or next year



Henry might join me at the shop in the afternoon and hang out in our kids play room. Selfie Time! Social media is such an important part of our business!

Visit Gina at Daisy & Hen
56 Murray Street
Tanunda, South Australia
www.daisyandhen.com.au

A day in the life

daisy + hen cont...



Nothing like coming home from work to a big feed. For Henry that is. 21 months in and this is still a part of our day (and most nights) I love that we can share this quiet moment in a hectic day, would happily give up the nights though.



I try and get out everyday for a walk (a far cry from the marathon distance running I did pre baby) Now days it usually means a stroll through a winery
#lovewherewelive



I love cooking, and preparing a meal each night helps me unwind. Luckily I have a super helpful assistant to make it easier too



Dinner on the couch in my PJs with my boys is standard. And I love it!

Thankyou
for sharing your day with us Gina (& Henry!!)
XX



And when the littlest boy is asleep Mumma does this. We are in the Barossa after all.



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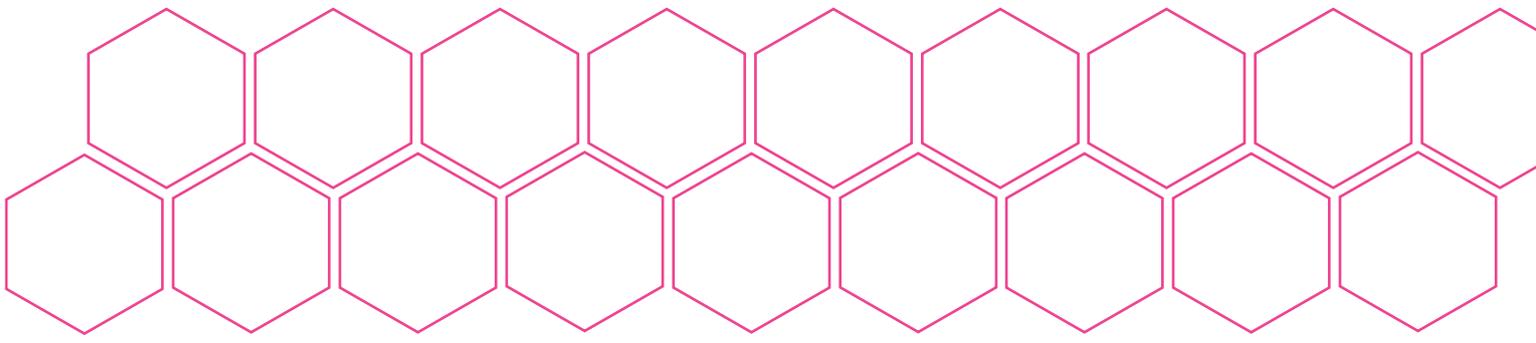
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Check out our virtual and associate membership options!



Thankyou

To everyone who has contributed,
advertised and supported the
creation of SA Woman.

This would not have been possible
without you.

XX

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