

Media Release



Monday 23 September 2019

Learn how to create a healthy business

Local businesses are invited to learn about business improvement of a different kind – creating healthier employees.

Camden Council will be hosting Director and Founder of Busy Slim, Tanisha Tottman-Martin, on **Wednesday 16 October, 6pm**, to talk about how a healthy diet improves productivity and workplace experience.

“I’ll be discussing the importance of certain foods, how to lose weight and still eat cake, key information food companies don’t want you to know and so much more,” Ms Tottman-Martin said.

“It’s so important business owners and managers place a real focus on health. A person’s health and wellbeing massively impacts their ability to function at a high level at work.

“Australian studies have shown healthy employees are almost three times more productive than their unhealthy colleagues and employees with poor health behaviours have up to nine times more sickness-related absences than their healthy counterparts.”

This FREE interactive and informative workshop will be held at Camden Council Administration Building.

It is just one of 12 events Camden Council has scheduled throughout October, to celebrate Small Business Month. Small businesses in Camden are also invited to attend:

- Yesterday Stories Video Project on **Thursday 3 October, 11am-1pm**, at Narellan Library. Founder of Why Documentaries, Sandra Pires, will run this FREE community workshop, which will showcase an exciting new video project;
- Start Me Up Workshop on **Tuesday 8 October, 10.30am-12.30pm**, at Camden Region Economic Taskforce (CRET). This FREE workshop is perfect for new businesses, with attended learning about business registration, legal requirements, Council requirements, insurance, market research, business planning and setting realistic goals;
- The Greater Narellan Chamber of Commerce Dinner on **Wednesday 9 October, 5.30pm-9pm**, at Camden Council Administration Building. This ticketed event (\$55 for members and \$99 for non-member) will feature guest speaker Mayor of Camden, Cr Theresa Fedeli, and will be followed by general meeting;
- Business Accelerator using Social Media Marketing on **Monday 14 October, 6pm**, at Oran Park Smart Work Hub. This FREE event by Marketing Transformers will look at the building blocks of an effective social media strategy and how to deliver appropriate content;

- cont. -

Media Contact:
Christina Fracassi
Media Advisor
Camden Council
PO Box 183, CAMDEN NSW 2570
Phone: 4645 7823 Mobile: 0438 062 628
Email: Christina.Fracassi@camden.nsw.gov.au



Media Release

- Reboot on **Tuesday 15 October, 6pm**, at Oran Park Smart Work Hub. This FREE event will be run by Colin Potts, from The Local Business Network, and will give attendees the chance to work with like-minded business owners who want to get ahead and believe in the power of helping each other to get there;
- Creative Clusters – A Collaborative Approach on **Thursday 17 October, 10am-noon**, at Camden Civic Centre. This FREE session will teach attendees about creative clusters and the role they can play in Camden’s local economy;
- Creativity and Business on **Thursday 17 October, 5.30-7pm**, at Alan Baker Art Gallery. Local businesses will be treated to an after dark experience, with a tour of the gallery and a portrait drawing experience;
- Marketing and Profit Plan on **Monday 21 October, 6-8pm**, at CRET. This session, which is \$25 to attend, will teach businesses how to understand their customers and use marketing strategies to meet their needs;
- Australian Taxation Office Tax Essentials Workshop on **Tuesday 22 October, 10.30am-12.30pm**, at CRET. This FREE workshop will teach people interested in starting their own business the basics. This includes common business structures, business registrations and reporting and where to go for help and information;
- Master your Marketing Online on **Tuesday 22 October, 6pm**, at Oran Park Smart Work Hub. This FREE event will teach participants about online marketing;
- Workplace Wellbeing on **Tuesday 29 October, 7-9am and 10am-noon**, at Lifeline Macarthur. This FREE workshop will look at simple ways to improve mental health in the workplace.
- Upgrade Your Sales Influence on **Tuesday 29 October, 6pm**, at Oran Park Smart Work Hub. This FREE session will talk about attracting the right customers and influencing buying decisions.

Mayor of Camden, Cr Theresa Fedeli, said Council had scheduled more events for this year’s Small Business Month than any other year.

“We have approximately 3,000 local businesses which are classified as ‘small’, which means they employ 15 people or less,” Cr Fedeli said.

“These businesses are so hard-working, so it’s really important we celebrate them and provide affordable opportunities for them to grow.

“Having these businesses improve themselves is fantastic for the Camden area, because it means our local economy will be stronger.”

Registrations for these events are open now. For more information, and to register, visit camden.nsw.gov.au

Media Contact:
Christina Fracassi
Media Advisor
Camden Council
PO Box 183, CAMDEN NSW 2570
Phone: 4645 7823 Mobile: 0438 062 628
Email: Christina.Fracassi@camden.nsw.gov.au