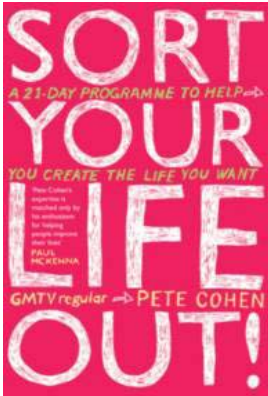


# Welcome to my first newsletter page

I do hope you enjoy reading through some of the items researched for business owners and colleagues alike.  
Plus VOM's activity sheet!

## Reading Matter



If you feel weighed down by stress, draining emotions and bad habits and you need motivation in order to move forwards, this book can help you *sort your life out*. by lifestyle guru Pete Cohen  
<http://www.sortyourlifeout.com/>  
ISBN: 9781905744374  
RRP £7.99 or £5.59 on Amazon.co.uk



'The Green Guide for Business'  
the environmental handbook for  
businesses of all sizes by Chris  
Goodall  
ISBN: 978 1 84668 874 4  
RRP £9.99



'Tough Tactics for Tough  
Times' by Patrick Forsyth  
and Frances Kay  
ISBN: 9780749455217  
Published price £9.99

## Discounts and offers

**East Coast Mainline save 10% on fares** – Ticket Carnet introduced for companies and individuals who travel regularly on the same route.  
[www.nationalexpress-eastcoast.com](http://www.nationalexpress-eastcoast.com)

**Raising cash for your business** [www.bbc.co.uk/dragonsdens](http://www.bbc.co.uk/dragonsdens)

**Ladies keep stylish with well known brands – best value buys.**

Get the best bargains delivered to your email box <http://www.chiconomise.com/>  
Devised by past winner of *The Apprentice* - Michelle Dewberry.

**Money Off Vouchers Online stores bringing you the latest discounts and offers**  
<http://www.vouchercodes.com/>

## *Winning the Skills Race*

**Surround yourselves with inspiring people and broaden your mind**

- Coaching & Mentoring
- Distance Learning
- E-Learning
- In-House Training
- Formal Training

### **Useful 'A's in business**

A mbition

A spiration

A ttitude

A ssociation

= Achievement

## *Tools to support your business*

Starting your business at home – a free resource guide

<http://www.enterprisenation.com/>

Transforming a business takes someone who is clear about their goals and sensitive to the needs of others.

## *Equipment*

Silver seal - the hygienic keyboard [www.keyboardco.com](http://www.keyboardco.com)

## *VOM's activity sheet*

### **2009**

*Bikeathon for Leukaemia (Virtually on the go)*

<http://www.justgiving.com/susiestephenon1>

*Centenary Community event planning with a **Pink Theme***

*Proposed new business venture*

*Swiss Ski ing (Virtually Vertical)*

### **2008**

*Kilimanjaro Climb for St Mary's Church (Virtually at the top)*

*Still taking calls at 4,000 mtrs!*

*Launch of VOM*

*Bikeathon for Leukaemia*

