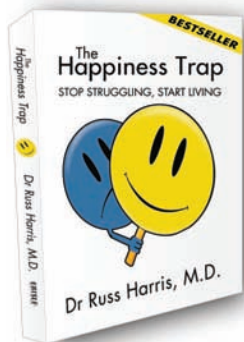


business

I'M READING

**THE HAPPINESS TRAP BY DR
RUSS HARRIS MD**



Name: Nadine Piat-Niski
Position: Founder and director
Company: Calibrate Coaching

AS A PERSONAL COACH I love self-development books that include exercises and tangible tools. *The Happiness Trap* puts a new spin on how we think, process our thoughts and what we choose to do with these thoughts in such a way that resonates well with me. It teaches you to accept your thoughts rather than pretend that they are not there or by letting them control you, for example, limiting beliefs, fear, guilt, etc. This book has been a handy tool for my coaching, offering skills that are fabulous for some of my personal coaching clients.

CLICK ON

WWW.CAREERMUMS.COM.AU

WE ALL KNOW being a mum is a full-time job, so searching for work that will suit a parent's lifestyle tends to be a bit tricky. careermums.com.au is an online employment site that promotes work vacancies suitable for parents. The site encourages businesses to adopt flexible work practices and retain working parents, making them Australia's leading jobs board and careers centre for working parents and parents returning to work.

WWW.HERETOASSIST.COM.AU

IN NEED OF some assistance? The very smart and savvy Here To Assist site specialises in professional virtual assistants. No they're not robots, but helpers that provide a range of services including personal assistance, project administration, desktop publishing and word processing all via phone, fax and internet-based technology. The efficient and cost-effective professional administrative service is able to support a variety of clients, including small business, large corporations and busy individuals.

BUSY GIRLS

OF THE 1.9 million small businesses operating in Australia, 585,000 are owned and operated by women, and this sector continues to grow. Brisbane Woman, a new free membership-based website, aims to connect these women and assist them in developing relationships here in Brisbane. Founded by writer Kylie Welsh (pictured), the website includes thought-provoking articles, free membership, a members directory, online forums as well as an events register where business owners can register their workshops and events, and members also have the chance to facilitate their own workshops. www.brisbanewoman.com



DEBT DISASTERS

Now's the time to detox your life of debt. No matter how big or complex the debt may seem, Ashley Ormond's book, *101 Ways to Get Out of Debt*, is your key to ending your financial woes. It provides practical tips on how to sort out which debts to address first and what to do if you get behind in your repayments.

AVAILABLE ONLINE AT WWW.JOHNWILEY.COM.AU