

The Print Network



Effective Office Solutions

Automation & Technology



THE "EOS" WHAT'S NEWSWORTHY PIPELINE

Information to help you and your business prosper

Volume 1, Issue 3

JANUARY 2020

2020 Recovery and Prosperity



Welcome to 2020!



Special points of interest:

- A NEW DECADE: 2020!
- GUIDE TO HEALTHY EATING
- RESIDENT NUTRITION EXPERT
ADVICE ON VEGGIES
- GROWING PAINS IN
BUSINESS: DYNAMIC DUOS
IN BUSINESS SERIES

I don't know about you, but I have found that the past 12 months in business has been particularly challenging. Many of our clients have struggled with keeping their head above water, let alone trying to make profit in order to move forward or save something for their future.

At Effective Office Solutions, we have looked back on the past 12 months or so and while we are pleased with the office move to being more central in Brisbane, the travel from home started to take its toll. So we moved closer to our business base.

Looking forward to 2020, we are able to see there are strong prospects on the horizon. We wish all our valued clients a safe and prosperous year ahead. We trust that the natural ebbs and flows of economic growth will begin to open the cash flow tap for all

Handy Guide to Healthy Eating

Our Healthy Eating Master Adviser, has given us some great ways to focus on the best way to feel great on the inside.

There are many different philosophies about diet and exercise that leave us with a spinning head and more confused than we were to begin. Do we cut carbs, or have fat in our diets? Is Vegan best or do we need the essential minerals and vitamins that we find only in fish and red meats?

The move towards healthy eating but also needing the convenience

of quick and easy meal ideas has seen a great increase in the pre-packed and pre-arranged deliveries. Sets like Hello-Fresh and YouFoodz increase in popularity. Trying to find something easy and tasty can be more hit and miss, at the same time keeping mindful of our portion control. The yummiest something is, the more we indulge.

What if we have it all wrong? What happens if we are not receiving the nutrition we really need, and so we end up eating to excess in order to fulfill our bodies nutritional needs.

One of the important things I learned recently is that when we zap our food in the microwave or cook to excessive temperatures, we kill all the nutrients that are in our food. Cooking Temp should not exceed 80 degrees in order to retain the nutrients.

Yes, I realise that rules out steaming, boiling, ovens, grilling and baking.

For some ideas on how to get the most nutrition from your food, have a chat with us and we can help point you in the right direction. You will be glad of the information, I know we are.

Inside this issue:

RECOVERY AND PROSPERITY IN 2020	1
HOW TO GET THE MOST FROM YOUR FOOD	1
GIGGLES	2
WHERE ARE WE—PHOTO QUIZ	2
DYNAMIC DUOS IN BUSINESS SERIES ARTICLE	2

Print Solutions made easy

Maintenance and Managed Print Services
Starting from as low as
\$99.00 per month
Enquiries to Darren: 0433 257 914

INTRODUCING our new range brands



KYOCERA

TOSHIBA
Leading Innovation >>>



KATUN
PERFORMANCE

brother



Effective
Office Solutions
Automation & Technology

EFFECTIVE OFFICE SOLUTIONS PTY LTD

ADDRESS
C2 / 5 GREVILLEA PLACE
BRISBANE AIRPORT
QLD 4008

Phone: 1300 FIXED 4 U
1300 349 334 U

Service: 0481 306 961

E-mail:
admin@fixmyphotocopier.com.au

Effective Office Solutions has successfully supported small business owners for the last 7 years, by providing reliable copiers, while keeping print costs down. We often, also have calls for something younger or newer, so we have expanded our range.

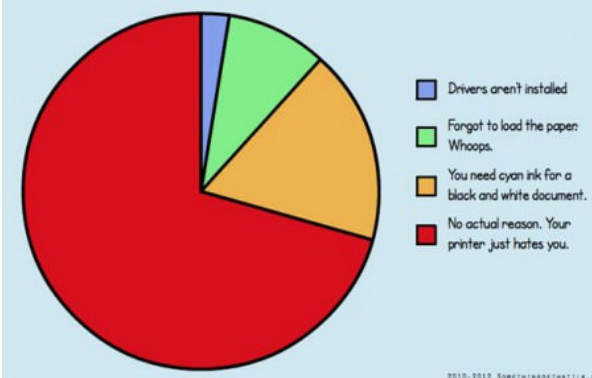
Why not start off the New Year with a NEW PRINTER, we have a range to offer of brand new copiers which have the best reputation for reliability in the field. Great finance options and rates available too.

If you are interested in upgrading, please let us know and we can have Darren give you a call.

Want to know more about our brand new machines?
<https://www.fixmyphotocopier.com.au/lease-finance-options>

Giggles

WHY YOU CAN'T PRINT THAT



9GAG.COM/GAG/5917636

Where are we?

This picture has been taken of the family on holiday, can you guess where this is? Country and / or place would be ideal
Clue: Not in Australia

Previous Issue
Answer: Barron Falls—Cairns



Growing Pains: Dynamic Duos in Business Series

What is it about being in Business that makes life tough.

The stress of trying to get money through the front door, keeping everyone on track and managing the staff to ensure we are not wasting money on people who are not producing the goods.

As we grow, there are several ways to expand: Firstly we can hire staff, or we can sub contract out, or we can consider Franchising our business.

Which is the best option though?

Depending on the stage of the business, many small business owners and family businesses take on staff, and end up with headache after headache.

Whatever is decided, we need to have systems in place to ensure that everyone is aware of or doing the job that we have employed them to do.

It often comes down to the selection of the person we have hired. They need to have an ability to do the job and do it well. This is why the interview and

screening or selection process is very important. Ask the right questions and check all references.

Next we have to induct and train them properly. Making sure we have fully explained and provided (In Writing) what exactly is expected of them and what their Performance Indicators will be.

Monitoring in the first weeks is imperative, however if you are like most small businesses, then you have left it to the last minute to hire someone because there wasn't enough money to spend on their wages.

Most new employees arrive on the first day and you are so frantic, there is no time to train them properly, so you sit them in the chair and inundate them with work, and expect them to know what you want and how to complete the tasks to your satisfaction.

Having someone there to provide support during times of transition is wonderful, especially if they come

armed with all the tools you will need to get your systems and staff in line.

Sub contracting to others can provide a little uncertainty as they may take your clients for their own benefit.

Franchising on the other hand has had such a bad wrap, that no one wants to go near that beast. This is tragic because the self-serving few have ruined the concept for many who can benefit.

There is a certain misunderstanding about Franchising that has caused dramas, however the concept has merit if issued and managed by "Ethical Business People".

We have seen and felt the damage of Franchisor / Franchisee relationship breakdowns, however if managed well, these are just a normal part of the coaching process you would have with any team member.

Whatever your growing pains are, you definitely need the systems in place to cope

Proudly brought to you by Julie Richman
'Dynamic Duos' in business (Brisbane, Australia)
www.dynamicduos.com.au
E: Julie@dynamicduos.com.au
LinkedIn: [linkedin /julierichman](https://www.linkedin.com/company/julierichman/)

Resident Nutrition Expert

Most Food diaries I see, lack Veggies/Salads. Australian recommended dietary intake is 5 serves per day.

Seems a lot??

1 serve = 1 cup Salad OR 1/2 cup veggies.
Here are some tips to help increase your intake.

Brekkie- Omelettes add mushrooms, baby spinach, zucchini, etc.

Soups- Add in as many as you like.

Freeze them and you'll always have a meal when you are too lazy to cook.

Grate veggies into rissoles, Spag Bog and other dishes.

Make mega sandwiches / wraps by adding loads of salad.

Try snacking on raw veggies like carrot & celery sticks, little pieces of broccoli, capsicum ...

You get the gyst....

NOW EAT MORE GREENS!!!!

Sabine Brand

Reshape 'N Chizel

<https://www.facebook.com/27sabine/>