

Simple ways to pep up your business and yourself in the New Year

# Get 2006 off to a great start

**REPORTS BY**  
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## **BOSSSES across Cheshire are boosting business using revolutionary techniques to improve office morale.**

Forward-thinking employees are looking to complementary techniques to ensure staff are happy and well motivated. Studies have shown employees who are content with their life at work are far more likely to remain with a company for a longer period, which means businesses can avoid having to go through the often-painful recruitment process. Here are just a few companies that can help ease the burden at work and help create a more harmonious office!

## **GET YOUR CREATIVE JUICES GOING**



**IAN Walton, of Manley-based Coaching Ideas, is an expert in getting people and businesses to improve their creative thinking.**

He said: "The benefits that can be reaped from a happy workforce far outweigh the effort required in creating it. "I can work with a person to identify what is holding them back and find solutions. "It is often the case that one limiting belief is holding them back in all aspects of their life. By identifying it we can improve their performance at work, and at home."

For more information about Coaching Ideas visit [ian.walton@coaching-ideas.com](mailto:ian.walton@coaching-ideas.com)

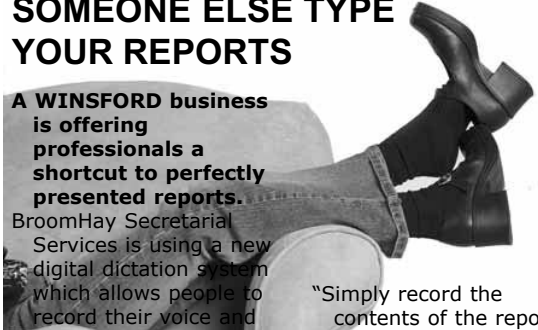
## **PUT YOUR FEET UP – LET SOMEONE ELSE TYPE YOUR REPORTS**

**A WINSFORD business is offering professionals a shortcut to perfectly presented reports.**

BroomHay Secretarial Services is using a new digital dictation system which allows people to record their voice and send it to a copy taker via email.

Pauline Hayward, owner of BroomHay, explained: "It is ideal for people who spend a lot of time out of the office but need to produce accurate reports, for examples barristers or surveyors.

"Simply record the contents of the report onto digital dictation equipment, transfer it to your computer, send us the file via email and we will type it for you. "Within 24 hours the completed report or document will be emailed back to you, ready for distribution or reference."



## Coaching **IDEAS**

- works with the directors of growing businesses who want to inject more innovation and creativity into their companies;
  - uses a unique blend of Eastern and Western thinking to identify creative solutions to problems;
  - offers one-to-one and team coaching, training in the art of creative thinking, and ideas workshops.
  - The benefit is that you will learn how to see things from new perspectives, and become more innovative and creative.

\* I learned not only leadership, but also time management, creative thinking, teamworking ideas... Thank you so much to Ian Walton for being a great coach for me. \* Sales Training Manager, Unilever Asia

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**Katie Holden packs a punch with Mark Westacott.**

## **PACK A PUNCH IN THE NEW YEAR...**

**BUSINESS** partners Mark Westacott and Neil Burke believe that they have the perfect way to combat pent up aggression and work-related stress by turning it into positive energy. They have opened the Punch Clinic in Winsford which gives 'attackers' a chance to punch and unwind in a specialised environment.

They have five attack rooms in which people can be trained on basic boxing skills and fitness. The team are eager to promote corporate membership so companies can take advantage of their expertise and encourage their staff to try an alternative and fun way to combat stress.

For more information on how to pack a punch call 01606 597223.

## TRY AN ADULT EDUCATION COURSE IN 2006

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