

Physical, verbal, social, cyber bullying

Sue releases new book

Guest speaker at the Connect Networking's Conference in March 2017, Sue Anderson has recently released a book on bullying. Titled **Unbullyable**, the book addresses a serious social issue.

Below is an extract from an article on Sue and her book reported in the *Buninyong and District Community News* (August 2017 edition).

Sue Anderson who works in the field of Emotional Intelligence has written a book aimed at parents whose children are being bullied.



Titled Unbullyable, the book of some 60,000 words, took about four years to write 'in the cracks of time' between running a business and having young children at home. The book is selling around the world and has won an International Innovation Award in the field of neuro-semantic.

Since starting a Meta-coaching business in 2007, Sue has coached hundreds of children affected by bullying. She also has trained teachers and run workshops and webinars for parents. Her unique approach involves a proven formula of beliefs, powers and esteem.

"Traditional approaches to bullying tell targets to change their behaviours – that just doesn't work. My formula starts by exploring what the target believes about being bullied. Then they empower themselves to choose how they respond to someone's attempt to bully them."

The book can be purchased at www.unbullyable.com.au.

August Event: Have you registered?



In Brief

Connect Events

Just a reminder to put the following event dates in your calendar.

Tuesday, 15 August

Learn to Love Public Speaking

Thursday, 30 November

Self-Care for a Woman in Today's Business World

Contributions Wanted!

To keep the newsletter interesting and one you want to read, we welcome your suggestions (and contributions) for future editions. Contact Gayle on 5332 1240 or email gayle@committeeforballarat.com.

Connect is published four times a year – summer, autumn, winter and spring!

Successful formula

At its recent Round Table Dinner, Committee for Ballarat screened a video which demonstrated that thought leadership and strong partnerships are a successful formula!

The video celebrated and acknowledged the projects that are coming to fruition after many years of advocacy and strong collaboration with partner organisations.

The video can be viewed at: <http://www.committeeforballarat.com/latest-news.php?newsID=168>

What a Team!

New look Planning Committee

Three new faces have joined the Connect Planning Committee – Mandy Grant, Kellie Gregg and Felicity Spry. Coming from hospitality, the law and banking, they will bring some fresh new ideas/approaches to Connect Networking.

They join current Planning Committee members - Anne McConnell, Mariska Pelchen, Susan Scott, Rana Stollery and Gayle Adams – who are delighted to have them on board!

Mandy Grant



A Sales Executive for Mercure Ballarat Hotel & Convention Centre, Mandy has worked at the hotel for the past ten years starting in the food and beverages department, Hotel Front Office before joining the Sales Team. She has completed a diploma in Hospitality Management (via the Accor Hotel group).

Mandy works closely with prospective and ongoing clients as well as developing new business for conferences, accommodation, dinners, charity balls and weddings.

Growing up on the family farm in the Western District of Victoria, Mandy still maintains a keen interest in agriculture, as well as her community. She is a keen cook, loves a great wine – and shopping!

This year, Mandy is participating in the Leadership Ballarat and Western Region program.

Felicity Spry



With a background in accounting, Felicity worked with a local accounting firm before joining the Bendigo Bank three years ago as a Business Banking Officer. Her role in the Ballarat Business Centre includes liaising with corporate clients, providing information about deposit and lending products, and dealing with customer's everyday banking needs.

Felicity grew up in Ballarat and attended Federation University. However Campbelltown is now home and she makes the daily commute to Ballarat from her husband's family farm.

While she enjoys a busy lifestyle, including travelling, Felicity does relish having some quiet weekends on the farm.

Kellie Gregg



Kellie is a Conveyancing Executive with BJT Legal where she has worked for some 10 years. Managing a busy lifestyle is second nature to Kellie – mum to two primary school aged boys, studying for a Bachelor of Laws/Bachelor of Property and Real Estate, as well as a committee member for Ballarat Little Athletics.

Kellie joined the Planning Committee as she loves to be involved; she enjoys listening to others and working collaboratively to get things done. Kellie has some great ideas of where Connect Networking could go.

As well as improving network connections, Kellie looks forward to organising different workshops and meetings that provide information relevant and useful to both our working and personal lives.

Leaders Program in Canberra

As part of the Leadership Ballarat and Western region program, Mandy Grant travelled to Canberra with 26 aspiring and emerging leaders for a three-day Canberra experience. It was one she will never forget.

Chilly Start

A chilly and early start (5.00 am) on Tuesday, 20 June we set off to Melbourne airport for our flight to Canberra. When we arrived, we set off to the Museum of Australian Democracy where we participated in *cabinet in confidence* session. This was an interactive audio-visual experience where we became part of Malcolm Fraser's Cabinet during the 1977 Refugee Crisis.

Just across the road from Museum of Australian Democracy is the Aboriginal Tent Embassy. Erected by Aboriginal people in 1972 as a protest against a court decision over mining operations on Aboriginal land, the Tent Embassy is now a heritage-listed landmark in Australia.



In the afternoon, we travelled to the Australian War Memorial where we did a tour with Di Mitchell - she was a gem.

At the end of the day we attended the Last Post, a bugle call that signifies the end of the day's activities.

At the same time as the leadership group was in Canberra so were the Mayor of Ballarat and CEO of the City of Ballarat. They explained to our group about lobbying activities for our great City.

Day Two: Meetings aplenty

We walked to Parliament House for a day of meetings and Question Time.

Our first meeting was with Peter Dwyer and Kirsty Marshall from Catherine King's office who had put together a series of meetings for us with key Canberra figures.

These included:

Paul Bongiorno - Contributing Editor, TEN News, Parliamentary Press Gallery
Cathy McGowan - Independent Member for Indi

Scott Ryan - Special Minister of State

Tim Bryant - Senior Clerk of Committees, Senate

Nicholas Craft - Legal and Constitutional Affairs Committee

Anthony Albanese - Shadow Minister for Infrastructure, Transport, Cities and Regional Development

Andrew Garrett - Senior Adviser and Chief of Staff, Catherine King MP

Bill Shorten - Leader of the Federal Opposition

Senator Fiona Nash - Deputy leader of the Nationals and Minister for Regional Development

Then we attended Question Time. This was an inspiring day which helped us in our understanding of how our Parliament works.

During the day, we found some time to go up on the roof of Parliament House. What a view of Canberra and the War Memorial!

Government House Visit

During day three, we met with Jack Archer, CEO of Regional Australia Institute, had the opportunity to visit the beautiful National Arboretum and then finished the day with afternoon tea at Government House.

Real Highlight

The Canberra trip was informative and inspiring – a big three days. And I enjoyed it all.

But the real highlight of the three days was having afternoon tea with the Governor-General Peter Cosgrove and Lady Lynne Cosgrove at Yarralumla. A very gracious couple who made us feel very welcome and who were keenly interested in our program.



The Canberra trip was a great experience – one I will not forget!

Mandy Grant

Conversation Starters

Walking into a room where you know no-one can sometimes be a real challenge. Thoughts like *who will I speak to? What should I talk about?* spring into your mind.

Karen Hertzberg, in an article on Grammarly.com, broaches this subject and provides some interesting examples of conversation starters. As she notes, they won't work for everyone.

In this issue, we have included some of her work and entertainment-related questions – a safe bet! In future issues, we will include some other topics.

How many times per week do you find yourself talking about topics you have no interest in or have already discussed a million times—just for something to say? Whether it's waiting for a really slow elevator with a co-worker, talking to an acquaintance at an industry event, or chatting with a complete stranger at a networking event, it happens to all of us.

So, to combat these incredibly boring conversations, I started asking people unexpected, thought-provoking questions that couldn't be answered with a simple yes or no. The results were awesome: I learned cool facts about other people that I would've never picked up in "normal" conversation—and as a bonus we became closer. (And as a double-bonus, I got to stop weighing in on the weather.)

If you're ready to start having awesome conversations, check out my list of favorite questions, divided by small talk topics that most people can get behind. Obviously these don't apply to everyone in every situation—but there are certainly enough here that you should be able to avoid awkward silences for a long, long time.

Work

1. What surprised you the most about your current job?
2. What's the craziest thing a boss has ever asked you to do?
3. Would you rather work four 10-hour days or five eight-hour days?
4. What's the best career advice you've ever received? How about the worst?

Entertainment

- 1 Are you reading any good books right now? I'd love some recommendations. How about shows?
- 2 Are there any apps on your phone that you can't live without?
- 3 What's the last movie that made you cry? Or laugh aloud?
- 4 Who is your favorite person to follow on Instagram?

Good Writing

In the last edition of the *Connect Newsletter*, it was pointed out that good writing should be **Clear, Simple, Fresh, Accessible, Natural** and **Active**.

In this issue, we look at numbers and how they should be used in your writing.

Numbers

Numbers between one and nine are usually written out in full in text; numbers from 10 onwards are written as figures. If numbers higher and lower than 10 appear together, use figures: *from 9 to 12 people*.

In numbers greater than 10,000, use commas to separate groups of digits (e.g., 10,000). In numbers less than 10,000, omit the comma (e.g. 9999, 4000).

Always use words for numbers that start a sentence: Thirty-five people attended the dinner.

Write numbers as digits for:

Street numbers	206 Armstrong Street North
Groups of numbers	17 years, 1345
Money	\$250.95, \$200, 75c
Measurements	16 km, 3 Mb, 104 Kg
Time	10.40 am, 0830 hours, 9 am – 11 am
Chapters or sections	chapters 4, 5 and 6

For a range of figures or percentages use an 'en dash' without a space before and after: 25–30 per cent. Remember that 25 – 30,000 is not the same as 25,000 – 30,000. For a large range avoid confusion by using from and to: *from 25 to 30,000*.

Keep to the minimum number of decimal places necessary and be consistent.

Correct	Don't use
0.80 to 7.17	.8 to 7.17

Fractions should be written in full in text with a hyphen: *three-quarters*.

Percentages

The percentage symbol (%) should only be used with numerals, while *per cent* can be used with either words or numerals. In documents where numerals are generally being used for numbers it is preferable to show percentages in numerals with the symbol.