# Are you running your business, or is your business running you?

If you want to keep the passion of running your own business alive and well, take time out this October to focus on your business's most important asset, **you**.

We invite you to meet and mingle with other local business owners in Lake Macquarie and join the conversation as part of Small Business Month and Mental Health Month in NSW.

Learn how to kick-start mental health in your business, with practical strategies you can include in your everyday routine to enhance your wellbeing, reduce stress and improve your performance as a business owner.

## Guest speakers:

- **Clyde Rathbone** - former Australian rugby union player and co-founder of *Karma*, a social network built on meaningful human connections
- **David Burroughs** - 'common sense' psychologist and recognised expert in workplace mental health
- **Jaelea Skehan** - **Everymind** Director and internationally respected leader in the prevention of mental ill-health and suicide

**Date:** Thursday, 11 October 2018
**Time:** 5:30 – 7:00pm
**Venue:** Lake Macquarie City Art Gallery, 1A First Street, Booragul NSW 2284
**FREE event including light refreshments. Partners/friends welcome.*
**Registration essential:** https://bit.ly/2x9kAEB
**More information:** 02 4924 6900 | everymind@hnehealth.nsw.gov.au

EVERYMIND
icare foundation — Investing in a new state of wellbeing
Business growth Centre
Lake Macquarie Business
LMCAG Lake Macquarie City Art Gallery
southlake Business Chamber & Community Alliance Lake Macquarie NSW