

From: **Balance Well-Being** Shawna@balancewell-being.com  
 Subject: 4th Quarter BWB Business Member Newsletter 2018  
 Date: October 16, 2018 at 4:08 PM  
 To: Shawna McCrea shawna@balancefinancial.net



 BWB Business Member Aly Paine of THE CONFLICT COACH	 BWB Business Member Laurie Bartley of HEART CENTERED LIVING	 BWB Business Member Lorraine Richmond of LORRAINE RICHMOND COACHING	 BWB Business Member Mandy Mulachars of GRAND DESIGNS COACHING	 BWB Business Member Maggie Reigh of LIGHT REIGN COACHING	 BWB Business Member Sheila Benson of PURE HEART WELLNESS	 BWB Business Member Karen Weston of KARONA WOMEN'S SHED		
 BWB Business Member Diamond Regier of Trade Exchange Canada		 BWB Business Member Rita Cole of CREAK CREATIVE		 BWB Business Member Heather Henderson of KELON THERAPEUTIC PAIN	 BWB Business Member Lynda Norman of KELONNA ARTS COUNCIL	 BWB Business Member Dirk Terpstra of DIRK TERPSTRA	 BWB Business Member Angelo Meijers of ANGELO MEIJERS	
 BWB Business Member LEADER DEBRA BOSCH	 BWB Business Member Kate Shivers of KATE SHIVERS ALLIED AND WELLNESS		 BWB Business Member Cheryl Klein of CK BUSINESS & BUSINESS COACHING		 BWB Business Member Chris Patton of POWER WITHIN	 BWB Business Member Trevor Coles of NOTTV	 BWB Business Member Marie Smith of MARRIOTT PARTNERSHIP	 BWB Business Member Angela Meijers of Blue Springs Community
 BWB Business Member Member of Sheena Davidson of she	 BWB Business Member Tom Kermaghan of OAK WRITER	 BWB Business Member Lynne MacLennan of Lynne MacLennan Coaching	 BWB Business Member Jolanda Himmelschein of HEALTHY FLOWS	 BWB Business Member Heidi Korman of Heidi Korman	 BWB Business Member Elizabeth Beards of INTERIOR WELLNESS	 BWB Business Member John Clemens of HANDLER TRAINING	 BWB Business Member Caitlan Gault of BUSINESS ACCOUNTING SOLUTIONS	 BWB Business Member Karen Brown of MANAGER KNOW NOW
 BWB Business Member Danielle Gaudin of DREAMS COME TRUE	 BWB Business Member Shelagh Terrier of CANADIAN NATURAL HEALTH ASSOCIATION - KELLOWNA	 BWB Business Member Meyhava Wisdom of SAHAJA BLESSINGS	 BWB Business Member Shri Ananda of WELLNESS REALIZATION	 BWB Business Member Sharon Strong of FOCUS BODY WORK	 BWB Business Member Erin Kosak of COMFORT KEEPERS	 BWB Business Member Davina Huey of TAP INTO LIFE	 BWB Business Member Cindy Maki of TRUE VISION COACHING	 BWB Business Member Kasia Rachfal of THRIVING AFTER 40
 BWB Business Member Irene Sienko of HEALTHY TRANSITIONS	 BWB Business Member Jill Health of JH HEALTH COACHING	 BWB Business Member Luke Minkas of LUKE MINKAS REALMAX	 BWB Business Member Diana Reynolds of DARING TO SHARE	 BWB Business Member Sherry Luky of TAP YOUR CRAP				



# BWB

## BWB IS ON A MISSION

BWB is COMMITTED to HELPING our LOCAL Well-Being Business Community  
SURVIVE and THRIVE!!!

Making introductions/connections, Brainstorm ideas for your business, Strategizing,  
Promoting your events and Being a sounding board.

## MARKETING SUPPORT



### BUSINESS MEMBER DIRECTORY

Is your Directory Listing up to day?

[MEMBER DIRECTORY](#)

### BWB FACEBOOK PAGE

CROSS PROMOTION OF YOUR FB  
POSTINGS & EVENTS

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a dark blue background.

## Business Member SPOTLIGHT



### BUSINESS MEMBER SPOTLIGHT

by BWB Writer, Tom  
Kernaghan

[MEMBER SPOTLIGHTS](#)

### QUARTERLY Videos & Pictures (including head shots)

[BWB YOU TUBE CHANNEL](#)



## Balance Well-Being Centre Inc. Business Member FEATURE SHEET

 <p>Wellness Practitioner</p> <p>BWB Business Member</p>	<p>Helping You Rewrite Your Story</p>	 <p>Wellness Practitioner</p> <p>BWB Business Member</p>	<p>Release Muscle Memory of Stress &amp; Ditch the Midlife Funk through Specialized Kinesiology &amp; Akashic Records.</p>
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<p>Shiri Anbida of WELLNESS REALIZATION WellnessRealization.com</p>	<p>Kasia Rachfall of THRIVING AFTER 40 KasiaRachfall.com</p>
<p>Balance Well-Being Community of LOCAL Businesses IMPROVING OVERALL WELL-BEING &amp; ENJOYMENT IN LIFE</p>	<p>Nutritionist &amp; BIE Practitioner...Kate uses nutrition and BioEnergetics (BIE) to supercharge your digestion and immunity. Kate Shivers of KATE SHIVERS ALLERGY AND WELLNESS KateShivers.com</p>
<p>BWB Business Member Sharon Davison of she SharonEDavison.com</p>	<p>Facilitating and coaching for Mindfulness, Money insights and making changes. Iwona Sienko of HEALTHY TRANSITIONS HealthyTransitions.net</p>

**BWB Business Member DIRECTORY**

CHECK OUT THE ENTIRE BWB BUSINESS DIRECTORY AT [BALANCEWELL-BEING.COM](http://BALANCEWELL-BEING.COM)

**Balance Well-Being Centre Inc. Business Member FEATURE SHEET**

<p>SPEAKER, AUTHOR, COACH, MENTOR, WELLNESS SOLUTIONS Chris Patton of POWER WITHIN PowerWithin.ca</p>	<p>John CREATES Market Leaders John Glennon of SANDLER TRAINING @Glennon.Sandler.com</p>
<p>Annette Adair of Pure Insights Counselling PureInsights.ca</p>	<p>Annette helps people address their current difficulties and learn healthier ways to cope, understand their patterns and feel better</p>
<p>BWB Business Member Bonita Kay Summers of SPIRIT KELOWNA SpiritKelowna.com</p>	<p>Helping you to have a financially successful life. Shawna McCrea of BALANCE FINANCIAL BalanceFinancial.net</p>

**BWB Business Member DIRECTORY**

CHECK OUT THE ENTIRE BWB BUSINESS DIRECTORY AT [BALANCEWELL-BEING.COM](http://BALANCEWELL-BEING.COM)

## QUARTERLY MEMBER FEATURE SHEET

I WILL BE HANDING OUT 500 FEATURE SHEETS EACH QUARTER IN PERSON - AS I DELIVER THE INTERIOR WELLNESS MAGAZINE, DURING BUSINESS WALK ABOUTS, DURING VARIOUS EVENTS AND NETWORKING I ATTEND.

(\$35/Member to participate - let me know if you are interested)

The one pictured above is for Oct/Nov/Dec 2018

# SALES SUPPORT

## MEMBERS IN ACTION

Does your business offers speaking, workshops, writing or business services?

BWB is constantly striving to CREATE both Volunteer and Paid OPPORTUNITIES for YOU

IF you are interested in participating PLEASE make sure your

[MEMBERS in ACTION MENU](#)

is Up to date



MEMBERS INFORMATION  
**WRITING**

MEMBERS INFORMATION  
**BUSINESS SERVICES**

**BWB MEMBERS in ACTION**

BWB Business Member Bonita Summers of Sport Kelowna  
 BWB Business Member Annette Adkin of Pure Insights Counselling  
 BWB Business Member Karen Bowers of MANAGER KNOW HOW

**Speaker & Workshop Series**

BWB Business Member Sharon Davison of Sharon e. Davison s.h.e.  
 BWB Business Member Maggie Reigh of LIGHT REIGH COMMUNICATION  
 BWB Business Member Davina Huey of TAP INTO LIFE  
 BWB Business Member Lynda Norman of KELOWNA ARTS COUNCIL

**BWB MEMBERS in ACTION**

BWB Business Member Iwona Sienko of HEALTHY TRANSITIONS  
 BWB Business Member Kasia Rachfall of THRIVING AFTER 40

**Speaker & Workshop Series**

BWB Business Member Sharon Davison of Sharon e. Davison s.h.e.  
 BWB Business Member Marie Martin of MARIE MARTIN BS COACH

**1st Monday 12:00-1:00**

**BWB OKANAGAN**

**BWB DIRECTORY**

**DISCOVER WHAT BWB BUSINESS MEMBERS HAVE TO OFFER**

**Lunch & Learn**



## BWB LUNCH & LEARNS

Introducing the Public to our Business Members. Let me know if you are interested in leading a Lunch & Learn

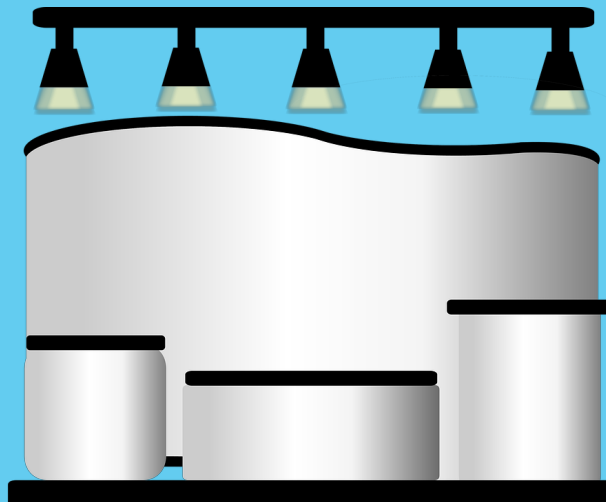
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## BWB BOOTHS

We are going to go where are target clients congregate:

- Races
- Shows
- Conferences

Will share opportunities to join in on our Member Only FB Group page



# Conversation Wednesday

“Conversations & Exploration  
about ...”

## INTRODUCING CONVERSATION WEDNESDAYS

We are trying something new.  
Instead of Workshop Wednesdays we are  
going to try Conversation Wednesdays.  
There will be a bridge topic to entice people to  
join in. (ex. Joe Dispenza, Wayne Dyer, etc...)  
These events will be led by  
2 or 3 Business Members  
who will lead the conversation, show videos of  
topic & share takeaway activities or exercises



**BWB is approaching LOCAL companies to Establish  
opportunities for BWB Members.**



One of the most important predictors of employees' job satisfaction is their overall Well-Being. The connection is clear. When overall Well-Being Improves, so does job satisfaction.

More information on Why Workplace Well-Being:

<https://balancewell-being.com/workplace-well-being/why-workplace-well-being/>

We are pleased to be helping your company by providing services to create engaged, happy and more productive employees.

We receive such positive feedback on the lunch and learns our BWB Business Members provide.

Here are some examples of menu options:

<https://balancewell-being.com/members-in-action/>



**BWB &**

**INTERIOR WELLNESS**

Are looking to collaborate and host an annual  
Well-Being Show in Kelowna  
- details TBD

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**COMMUNITY SUPPORT**



## **FB MEMBER ONLY GROUP**

This Group was created for communication  
between our Members

**A PLACE to SHARE:**

- \* Opportunities
- \* Challenges
- \* Successes
- \* Collaborations
- \* Tips and Tactics

**THRIVE & GROW TOGETHER**

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## **MEMBER ONLY COFFEE**

**A PLACE to SHARE:**

- \* Opportunities
- \* Challenges
- \* Successes
- \* Collaborations
- \* Tips and Tactics

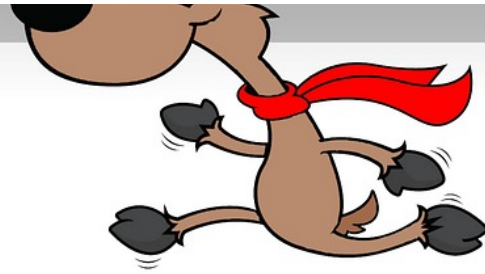
**THRIVE & GROW TOGETHER**

**A PLACE TO DEVELOP ACTIONABLE  
STRATEGIES:**

- \* Quarterly Member Feature Sheet

- \* Collaboration of events & offerings
- \* Created BWB Conversation Wednesday
- \* BWB Booths at Various Events
- \* Group Feedback on Members Marketing collateral and events





**SAVE THE DATE - Thursday Dec 13th 5:00**

[Pamela Lynch](#) has been kind enough to help

organize BWB social events!!!!

Our Christmas Party will be on

Thursday Dec 13th at McCurdy bowling.

More details will be coming soon

**Balance**   
**Well-Being**

# Community of LOCAL Businesses

**IMPROVING OVERALL WELL-BEING & ENJOYMENT IN LIFE**

[BalanceWell-Being.com](http://BalanceWell-Being.com)

Balance Well-Being Centre Inc.



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MailPoet