



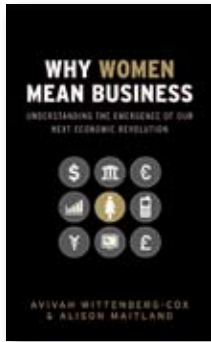
Author
Jen Dalitz

Why Women Mean Business

Author: Avivah Wittenberg-Cox, Alison Maitland

Price: \$46.95

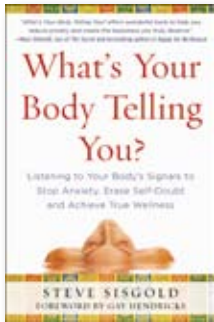
Why Women Mean Business takes the economic arguments for change to the heart of the corporate world. The book looks at how companies that learn to adapt to women will be better able to respond to the challenge of an ageing workforce and the demands of the next generation of knowledgeable workers. Available in all good book stores.



What's Your Body Telling You?

Author: Steve Sisgold
Price: \$39.95

This book shows you how to stop over-thinking every decision and start living a life in which happiness and fulfilment are the natural by-products of being true to yourself. This step-by-step guide shows you how to unlock your body's natural intelligence, free your mind of negative thoughts and map your path to greater satisfaction. Available in all good bookstores.



take your leadership to the next level with a board position

With the Global Financial Crisis has come fewer job vacancies and for many this will mean fewer promotional prospects and staying longer than usual in your current role. So how can you continue to develop and grow your leadership skills without changing jobs? Taking on a board position may be an option.

It's a great time for women to be taking on leadership roles in our workplaces and communities. With the tough times over the past year has come a renewed interest at challenging the status quo and many organisations have taken a good hard look at their leadership, starting at the top.

Taking on a directorship may enable you to apply your experience, skills and knowledge in a different context and, apart from the personal satisfaction this will bring, you may also have the opportunity to develop new and different skills. Whether in the private, public or not for profit sector, taking on a board directorship will give you the opportunity to put your strategic thinking into practice and take a birds-eye view across the organisation - which may

give you access to different industries or sectors to further expand your horizons. I've personally found this to be true of the directorships I hold.

As a final point, remember that your best bet is probably a not for profit but they rarely pay directors fees. So if you're going to be giving your time, consider supporting a cause that's close to your heart. That way you'll have an extra incentive for heading out to those after-hours board meetings and steering committees. You'll be surprised how quickly the novelty can wear off otherwise!

Contact: Jen Dalitz
Business: Sphinx
Phone: +61 2 9968 1599
Web: www.sphinx.com.au

Join the nation's premier networking group for women

Rated the #1 business network by over 4.5 million women

Be inspired and create opportunities!

Make the choice today and change the way you do business - tap into cutting edge online networking opportunities and surround yourself with inspirational business women who can become your mentors, referral advocates and friends.

It's all about success by association.



Join Women's Network Australia @ www.womensnetwork.com.au



What do you need to know about taking on a directorship and where do you find one?

- Along with the benefits, there are onerous responsibilities that come with taking on a directorship. ASIC provides an overview of responsibilities at www.asic.gov.au and there are courses available at the Australian Institute of Company Directors.
- If you're an employee, your employment contract may include restrictions on taking on directorships. Check with your HR department before you start the process and perhaps run it by your boss as well.
- If you've decided to go ahead, you'll need a good board resume. You can do this yourself or engage someone to help.
- Are you a member of a professional body or member organisation? If so you might consider self-nominating for a board position.
- Not for profits are always looking for talented directors - is there an organisation you already support in another capacity such as a donor or volunteer? Why not send them your CV and ask to be considered for future appointments?
- There are a number of registers that will take your details and inform you about vacancies as they arise - you can Google and make contact with Commonwealth agencies, the Premier's Office in your relevant state and Women on Boards provides a notification service to its subscribers.
- The vast majority of board appointments are still made through networks and recommendations - do you know anyone currently sitting on boards who may be willing to put you forward for others? If so, maybe it's time for a coffee catchup with them. ■

MUST HAVE



High Protein Wafer Biscuits

Real Body's High Protein Wafer Biscuits are the perfect solution for a healthy snack on the run or as an alternative for your afternoon 'sweet' craving. With 15 grams of protein per serving, these biscuits are not only tasty, creamy and delicious but the protein helps to satisfy your hunger, stave off further cravings and delivers more protein into your diet which can often be lacking with our busy lifestyles. Available in chocolate, mocha, strawberry and vanilla flavours. RRP \$24.95 for a box of 7 individually wrapped two-wafer packs. To order visit www.RealBodyClub.com/shop



No more lost keys

No more keys required when you fit a Biometric Technologies fingerprint lock to your home or office. With a fingerprint memory, capacity range from 15-100, they fit all standard wooden doors. They are designed for DIYers and come complete with cut-out template with installation guide and manuals. RRP start from \$550.00. Visit www.biometrictechnologies.com.au



WORKING WOMEN[®]

business | success | life

Our reader - she's smart, savvy, switched on **and** spending.

Want to be on her 'must do' list? **Advertise in our next issue.**

National Advertising Enquiries phone Nikita Harris on 1800 052 476