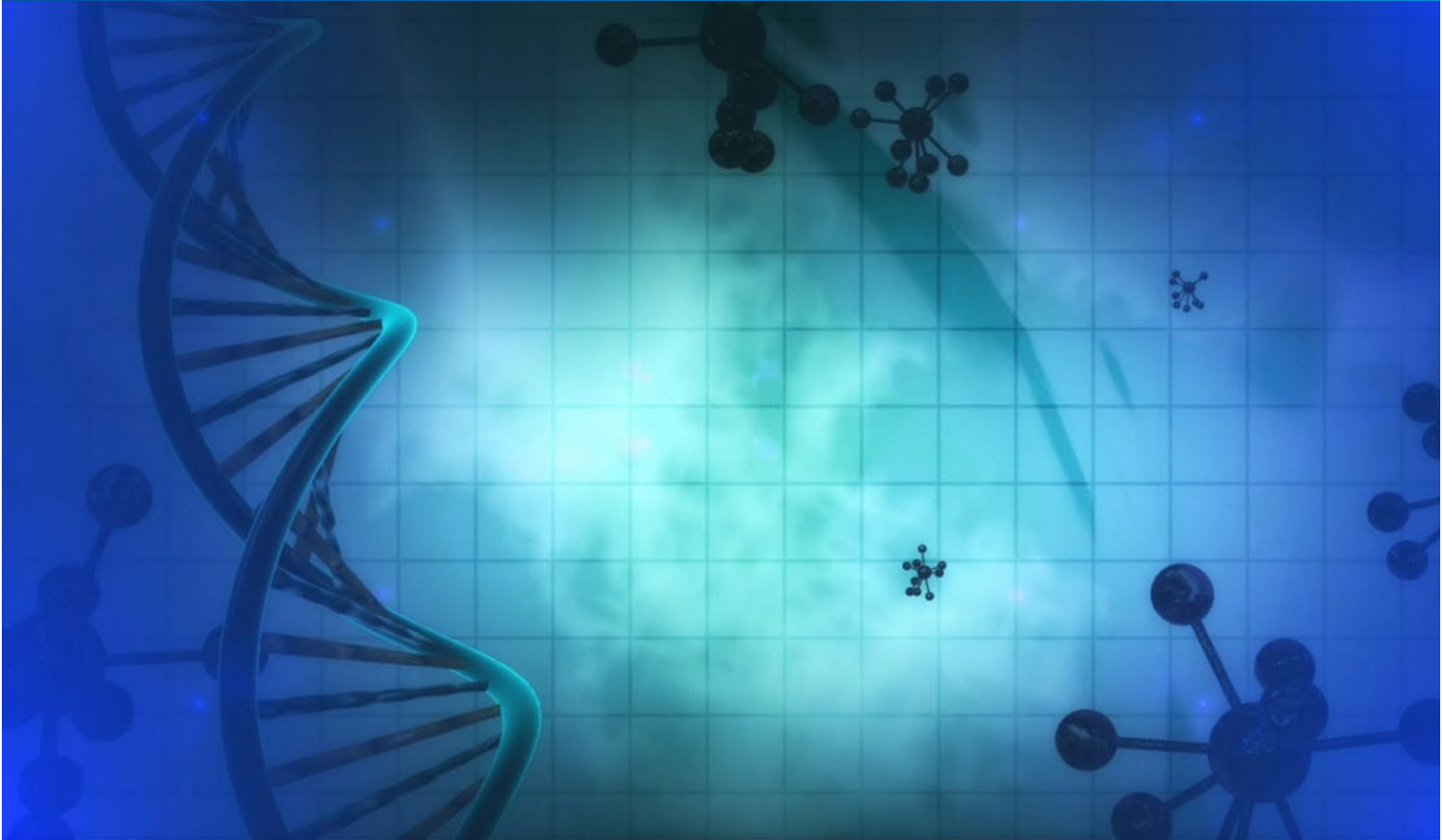


Featuring the latest news & events across our student-to-workplace network



Diana Lang, CEO

## Editor's Letter

**With the impact of COVID-19, our team has been working remotely for 9 weeks, successfully juggling home schooling and work.**

It has been a challenging time with the rapidly changing situation keeping us very busy. We have been fortunate to be able to continue working and empathise with the many businesses who have been forced to close their doors. Every cloud has silver lining and our team have used this time to fast track online delivery of some of our services and finding innovative new

delivery platforms. Zoom meetings have become the lifeline we use to stay connected while in isolation and our focus for Term 2 is to touch base with our stakeholders and plan for a safe return to work. Staying safe and well, both mentally and physically has been a challenge for all of us, with many valuable lessons learned which we hope to take with us into a post pandemic world. ■

5 MINUTES WITH...

## Natalie Jones

A new team member has joined SSBEN, we are very excited to welcome Natalie Jones to her position as Work Placement Trainee.

**N**atalie started with us at the beginning of March, and shortly after needed to adapt to working remotely from home due to COVID-19 restrictions. Natalie has quickly settled in to working with the team, with daily Zoom calls and emails to communicate. Natalie will be assisting the Work Placement Coordinators, working on our reception desk, and you may see her name popping up in your email sending out students work placement notifications.

### A bit about Natalie:

#### Where do you live?

Engadine

#### Family:

I live with my Mum, Dad and my 2 sisters.

#### Education:

I went to Engadine High School and graduated in 2019.



#### Short Career Bio:

I volunteer backstage at local musical societies. I also refereed soccer for 3 years and now I have started my 1-year traineeship with SSBEN.

#### Interests/Hobbies:

I love being creative; sewing, painting and photography. I also love to go on long drives with my friends and family.

#### Something most people don't know about you...

I am vegetarian.

Welcome to the SSBEN team Natalie, we can't wait to work with you in the office again soon! ■



### The Local Business Awards

The Local Business Awards aim to pay tribute to and reward the local community's top businesses. It also aims to develop and strengthen the bonds between business and the community, improving the standards of local service and products. SSBEN have been nominated this year in the Education Service sector.

Put simply, we are very proud of what we do, and we want more people to know about our services supporting youth in the community. We would love for you, your family, friends and colleagues to show support by sending votes our way.

You can vote for Southern Sydney Business Education Network at [thebusinessawards.com.au](http://thebusinessawards.com.au), thank you!



### BECOME A HOST EMPLOYER

CALL Nicole Crump on **0424 949 289**

OR Ziad Mutasim on **0415 437 740**

## SUPPORT

# TIPS ON WORKING FROM HOME

During this period of self-isolation most of us have been required to work from home and this can be challenging. Here we provide some tips and tricks that will help you work from home more efficiently.

**1 Build a permanent workspace,** a place free from distractions if possible and with comfortable furniture. Make sure to commit to work in this space every day, this will help you set into a routine.

**2 Make a to do list,** use a diary and write down things you would like to complete by the end of the day and tick them off as you go.

**3 Discover when you are most productive.** If you find yourself daydreaming in the morning, it might be best to start your workday a couple hours later and finish later in the evening. You could also start your workday earlier leaving more time in the afternoon if this suits you best.

**4 Change into comfortable working clothes in the morning.** This will get you into thinking you are going to work for the day; we do not recommend staying in your pyjamas.

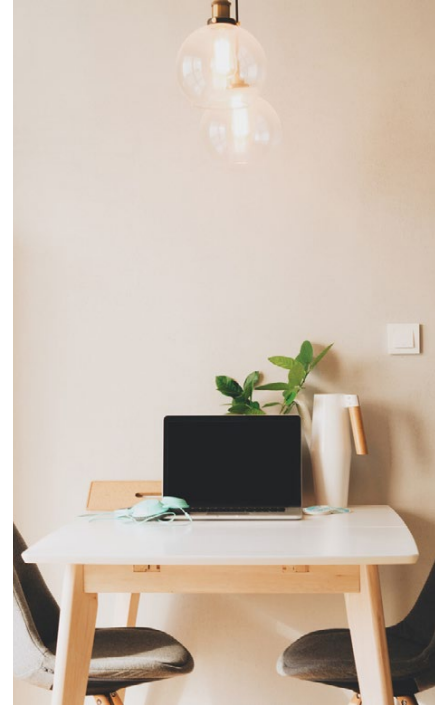
**5 Take short breaks throughout the day.** Without breaks you will lose

motivation and could end up staring at your computer for hours. Some quick break ideas include stretching, getting some sunshine for a few minutes or grabbing a snack.

**6 Eat healthy.** Eating well balanced meals is important to make sure you work the day through. You should aim to eat something at least every three hours. Try to eat healthy snacks to avoid a sugar crash. A slice of chocolate cake is going to make you feel more fatigued in the long run when compared to a piece of fruit or nuts. Some great snack ideas include avocado or hummus dip with carrot or crackers, yoghurt, or muesli bars.

**7 Make sure that you are getting some exercise throughout your day.** It is very important to get your body moving and it makes you feel good too. Take a walk with the dog or do an online yoga class.

**8 At lunch, sit in the sun if you have the option.** Some Vitamin D is good for all of us.



**9 Try and stay off social media.** If you can't turn your phone off, you could try muting notifications from certain apps that you find yourself distracted with.

**10 Listen to some music.** For some people, music can help them focus on a task. There are lots of online playlists specific to improve motivation and relaxation.

**11 Check in with your co-workers.** Make sure they are well and are not struggling, schedule a group work chat one afternoon a week to catch up and have a chat. I am sure they will appreciate it because we are all in this together! ■

## INSIGHT

# LET'S GET DIGITAL

**COVID-19 has had an immense impact on all aspects of our lives. Family, education and businesses have all had to adapt to this new world, and maybe some of these changes are here to stay.**

**T**here has been an increased demand for products such as face masks, gloves, toilet paper and hand sanitisers, with supermarkets reporting an unprecedented demand for products. The everyday things that we love to do in Australia such as going to the beach, grabbing a coffee with friends, taking the kids to the park, education and even work, were all deemed to be too dangerous. Industries that relied heavily on the movement of people have all been deeply affected

by this new way of life, and unfortunately many businesses have had to close their doors temporarily or permanently.

The team at SSBEN have been working from home for the last nine weeks, focusing on safe ways to deliver our services in this new technological world. This term SSBEN will be offering Work Readiness sessions, Career Workshops and Industry Interviews digitally via Zoom. This will enable us to have the ability to support students, teachers and host employers

while we slowly move towards the easing of restrictions.

SSBEN will be supporting our stakeholders by offering services to students for free or at a reduced cost and promoting our Host Employers through various platforms in our network. Businesses that would like to be involved in virtual connections to school groups through demonstrations, Q&A sessions or interviews, please drop us a line. We hope to be able to see our host employers, students and teachers soon, and that you all stay safe and healthy. ■

For more information on how to book a virtual program please email [ziad.mutasim@ssben.com.au](mailto:ziad.mutasim@ssben.com.au) or call on **0415 437 740**.



## HEALTH

# MENTAL HEALTH AND MINDFULNESS

**COVID-19 has changed day to day life, it could also be the perfect time to get your mental health and wellbeing in order.**

**M**ental health refers to our cognitive, behavioural, and emotional wellbeing – it is all about how we think, feel, and behave. If we have poor mental health, it can affect other aspects in our life. Our mental health can determine how we handle stress, relate to others, and make choices. Throughout our day there are many things we can do to keep our mental health in check.

Exercise has been shown to increase wellbeing as well as reduce symptoms of depression and anxiety. Good physical health is related to better mental health, so a healthy diet, avoiding excess alcohol or drugs, and a good night's sleep are all important. In this time of social distancing it may be hard to find a good way to exercise given gyms are closed and weekly



sports are called off. Sonia Kruger has a subscription-based dancing workout program called Strictly You. Les Mills also has a subscription with hundreds of gym style workouts, they also have child friendly options. If you are looking for free workouts YouTube is the place to be. However, taking a walk outside is just as good.

Talk about and express your feelings regularly. It is not good to keep things bottled up, not talking about how you feel may lead to an increase in stress and anxiety.

Practise gratitude, writing down things you are grateful for can help positivity and increase your wellbeing. You may be grateful for physical health or your puppy, it doesn't matter, whatever you are grateful for notice it and say it or write it down.

Practise Mindfulness. Mindfulness is the psychological process of purposely bringing one's attention to experiences occurring in the present moment without judgment. Mindfulness can decrease stress and sadness and increase levels of focus and happiness. To practise mindfulness, Headspace and Calm are apps which give you free guided meditations.

Spend time with your loved ones and people you trust, at this time it might be across a skype call.

Most importantly if you feel like you are struggling to cope in anyway, see your doctor or a mental health professional. You can also call **Lifeline** on **13 11 14** or **Beyondblue** on **1300 22 4636**. ■

## JOIN OUR NETWORK

[www.ssben.com.au](http://www.ssben.com.au)

TEL: (02) 9521 0500 // EMAIL: [info@ssben.com.au](mailto:info@ssben.com.au)



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