

SHOALHAVEN PROFESSIONAL BUSINESS ASSOCIATION INC

**Breakfast Meeting
12 October 2017**

1. Upcoming events/projects

Christmas Party

- Thurs 30 November at UOW Shoalhaven Campus
- No cost to members for food and drinks at own cost
- Bus leaving from SEC (and returning)

SYP

- Recent Spring Art function at Art Gallery 21 Sept – 40-50 attendees
- Lunch Thursday, 19 October at the Dog and Monacle in Junction Street.
- Next breakfast is 16 November at Peckish in the Park.
- Masquarade Ball – March 2018.
- Integration Plan Questionnaire for all business workplaces that employ young professionals in the workplace – for new young professionals to the region.

2. General Business

SPBA Survey – (Steven Bayer)

- Survey available on SPBA website, to receive members feedback.
- Business Plan review early 2018, including consideration of programs and events to satisfy survey feedback.

GPH Workplace Wellness Challenge - (Kate Brumerskyj)

- GPH is encouraging Shoalhaven businesses, groups and organisations to participate in a workplace wellness challenge of their own. Blooms is the first to take up the challenge.
- The challenge aims to promote workplace wellness and engage staff in a fun and healthy competition. Each participating group receives free loan of the pedometer kits, a list of Shoalhaven walks and support in running the challenges.
- Health Professionals recommend that we walk 10,000 steps a day to assist in improving sleep, reduce stress, achieve a healthy weight and reduce the risk of chronic disease.
- Pedometers are also available for individual community members to loan at Shoalhaven library thanks to Grand Pacific Health.
- To enquire about running a challenge in your workplace or for more information, contact Claire from GPH Centre Nowra's Allied Health Team on 4448 2206.

Anders' Story

- Before academia, Anders was a world Champion snowboarder. Then after studying Economics and Statistics (Undergraduate and Post Graduate degrees) and teaching at University, Anders and his wife Pia decided to leave Sweden and move to Australia.
- Moving from Sweden with two young children the Shoalhaven was chosen as an ideal place to live. The South Coast was chosen as it represented all Pia and Anders could ask for including a house by the beach and a lifestyle to bring up their two children. Once here – both Anders and Pia then had to find a job (and a career!).
- Anders started work remotely and part time for the Swedish Government. Now, 17 years later, Anders is still working for the Swedish Government remotely – and now full time. It is internet enabled work – which was a first when he began 17 years ago, from a regional environment.
- Anders talked about how important a country's education system is to make people more engaged in society and to ensure a free and open democracy.
- Anders talked about PISA – and Science performance for 15 year olds from the years 2000-2015. The PISA is every 3 years and measures reading, maths and science. Australia is above the OECD average.
- Equity of education is important.
- Anders talked of the equity aspects of education outcomes – the socio-economic status of people greatly affects education outcomes. Sweden is the same, it is a common problem in every country.
- How common is it to work remotely in a regional area?
- The perception of employers is critical – there is a huge potential for people to work remotely – sometimes difficult due to employer attitudes – eg letting go, giving people who work remotely responsibilities.
- Anders talk was inspiring and captivating

5. **Next Meetings** – Committee Meeting – Thursday, 16 November 2017
– Breakfast Meeting Thursday, 15 February 2018