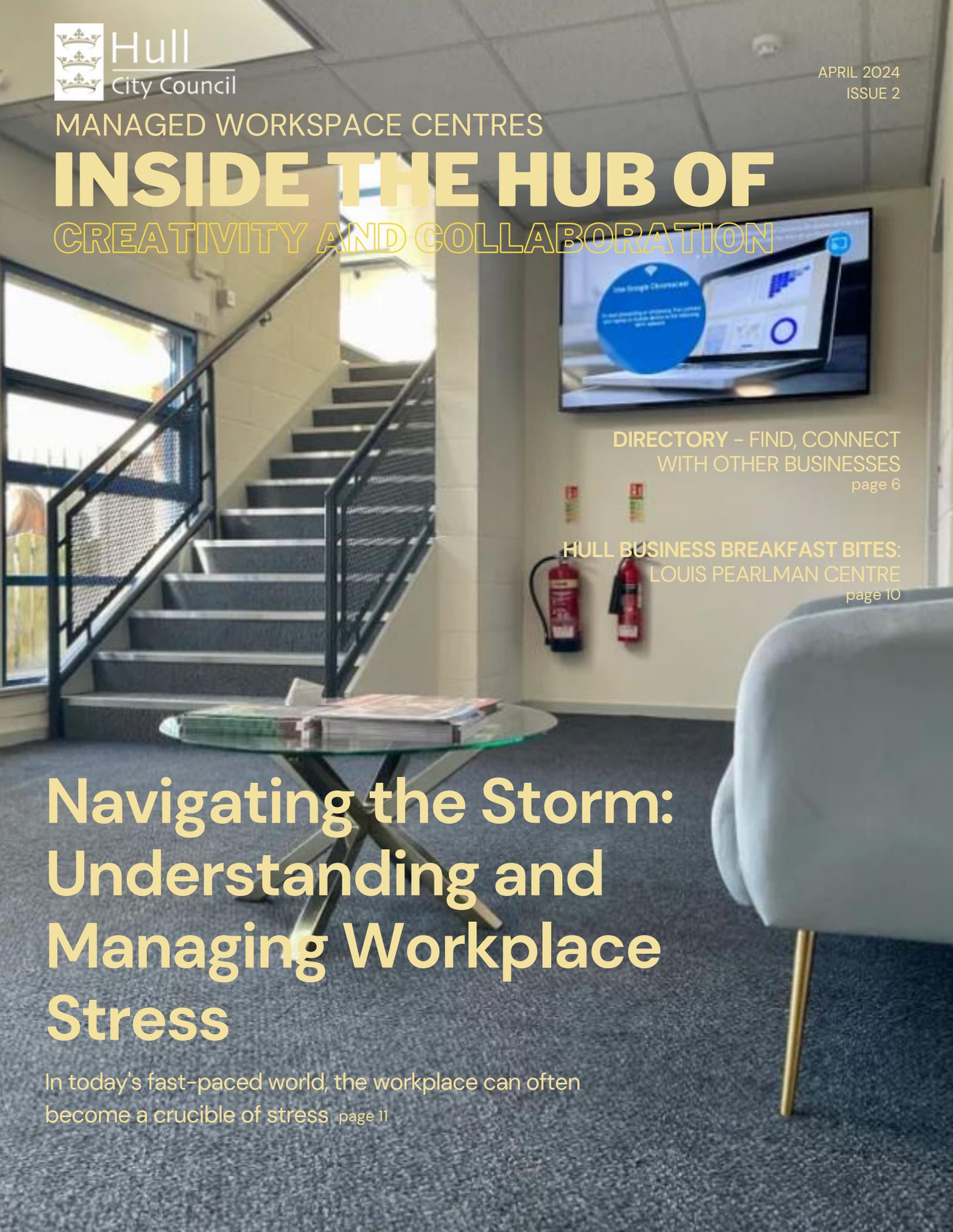


MANAGED WORKSPACE CENTRES

INSIDE THE HUB OF CREATIVITY AND COLLABORATION



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Jacob McLean**

LETTER FROM THE MANAGER

Dear Valued Members, both established and new.

It is with great pleasure that I welcome you to the April edition of our magazine, a continuation of our journey together in the Managed Workspace Centres. Your participation and commitment is the lifeblood of our community, and it is your aspirations and desire to greater things in business that propels us forward.

In this edition, we are excited to reflect on recent successes and look ahead to new developments that promise to further enrich our vibrant MWC environment.

Firstly, I am thrilled to share the resounding success of the joint networking event between HCC and FSB. It was a testament to the power of collaboration and community, showcasing the incredible potential that comes from bringing together diverse range of businesses and minds. The event provided valuable networking opportunities and sparked inspiring conversations and ideas.

Looking forward, we are eager to announce planned development works for LPC. In our continuous effort to enhance your experience, we are saying goodbye to the old conservatory, making way for a new garden space. This redevelopment is designed to provide you with a more refreshing and serene environment, perfect for both professional meetings and moments of relaxation.

In line with our commitment to continually build strong business relationships, we are delighted to announce the continued joint networking session collaboration with FSB, with the next networking session being held at LPC. This session is an opportunity to build on the momentum from our previous event, further strengthening the ties within our business community.

Finally, as we step into the new financial year, we are pleased to inform you of more planned networking sessions at both CP and BC. These sessions are not just events; they are platforms for growth, learning, and connection. They represent our ongoing dedication to providing you with opportunities to expand your network, share ideas, and drive your business forward.

As always, we thank you for choosing to be a part of our thriving community. Your success is the cornerstone of our inspiration, and we are committed to supporting you every step of the way. Here's to your next milestone, to growth, and to innovation. We are here, cheering you on, as we journey together towards a brighter, more connected future.





A WEEK IN THE LIFE OF YOUR BUSINESS SOCIAL MEDIA ACCOUNTS

Looking for an engaging and exciting **FREE workshop** where you'll gain fresh insights into planning and managing your business's social media accounts on a week-to-week basis? This is a fantastic opportunity to reflect on what constitutes a successful week of content on your social media channels, making it both achievable and enjoyable, rather than overwhelming.

The workshop will also introduce you to various publishing platforms to streamline your social media strategy. Don't miss this chance to refine your social media game and connect with your audience effectively.

Who is this workshop for:

- Business owners wanting more information on how to get the most out of social media for marketing
- Employees working in a business looking for ideas on how to market their business through social media.
- Business owners with some knowledge of social media looking to optimise their social media
- Ideally you will have attended the “The ABCs of social media” and “How to set up your Social Media Accounts” workshops prior – but this is not a requirement.



16TH MAY 1:15PM - 4:15PM

A WEEK
IN THE

LIFE **OF**

**YOUR BUSINESS
SOCIAL MEDIA ACCOUNTS**

LOUIS PEARLMAN CENTRE

GOULTON STREET,
HULL

FOR YOUR FREE PLACES VISIT:



MEET THE TEAM



ALLAN ROOKYARD
Managed Workspace
Centre Manager
Tel 01482 613 594



HAYLEY DRUST
Team Leader
Tel 01482 616 256



MIKE YOUNG
Business Development
Officer
Tel 01482 613 624



GRACE LOWTHORPE
Business Development
Officer
Tel 01482 613 677



MATT NIBLETT
Business Development
Officer
Tel 01482 613 614



NIGEL LENDON
Business Development
Officer
Tel 01482 612 334



JACOB MCLEAN
Business Development
Officer
Tel 01482 613 704



CHARLOTTE RYMER
Business Development
Officer
Tel 01482 616 982



BRANDON WILLBY
Business Development
Officer
Tel 01482 614 811



CARL COOK
Caretaker



TONY HATTON
Facilities Assistant

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Domiciliary care

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Event lighting specialists

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Vintage clothing retailer

VIP Creative
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Video production and commercial photography

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Scheduling software for manufacturers

YMSH
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Events medical cover

Zedex
Clothing retailer

YOUR SUCCESS CO-ORDINATORS:

Your Personal Guide to Navigating Business Development



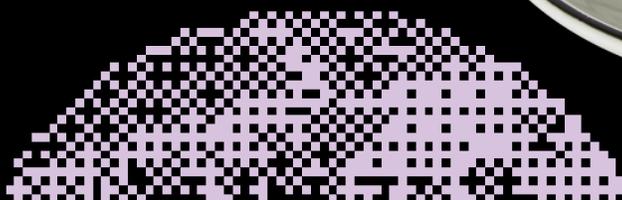
In the dynamic world of business, where change is the only constant, the role of a Success Co-ordinator, particularly within Managed Workspace Centres, is becoming increasingly pivotal. What is a Success Co-ordinator you might ask – well, that's a title or tag shall we say, that I created to go hand with the official title of Business Development Officers, are dedicated staff you see every day on reception - serving as a crucial link between your business and the multitude of opportunities and facilities available within the Managed Workspace Centre ecosystem.

A Personal Touch in Business Development

Imagine having a go-to person, someone who not only understands the ins and outs of the Managed Workspace Centre but also takes a keen interest in your business's well-being and growth. This is precisely what Success Co-ordinators offer. Our BDOs are more than just staff members; they are your personal allies in your business' development and its journey.

Quarterly Coffee Chats: More Than Just a Meeting

Every quarter, your Success Co-ordinators will arrange a casual, 15-minute coffee (or tea – we are British after all!) and chat with you, our occupants of the Managed Workspace Centre. This isn't your typical formal meeting. Instead, it's a relaxed and friendly catch-up, an opportunity to step back from the daily grind and see the bigger picture.



What to Expect in These Sessions?

- **Upcoming Events and Opportunities:** Your Success Co-Ordinator will keep you informed about the latest events, workshops, and networking opportunities. These events are tailored to your business, your growth, innovation, and collaboration among businesses.
- **Business Health Check:** Our BDOs will take time to understand how your business is doing, discussing challenges, and celebrating your successes. This personal attention ensures that the support you receive is not just general but specifically tailored to your business needs.
- **Local Insights and Developments:** Staying updated with what's happening in the city and its impact on your business can be overwhelming. Your Success Co-Ordinator will filter this and relay relevant local news and developments, saving you time and keeping you informed.
- **Centre Feedback and Enhancement:** These sessions are a two-way street. Your feedback on the Centre's facilities and services is invaluable. It helps in continuously enhancing the environment to suit your evolving business needs.
- **Encouraging Full Utilisation of Facilities:** Whether it's our conference room or break-out spaces, your Success Co-Ordinators encourages you to make the most of what the centre has to offer, ensuring you get the best value for your investment.



A Partnership for Success

The role of our Success Co-Ordinators is not just about facilitating services; it's about building a partnership. They are your advocates within the Managed Workspace Centre, ensuring that your voice is heard, and your business needs are met. Playing a critical role in creating a supportive and dynamic community where businesses can thrive.

A Partnership for Success

In summary, the Success Co-Ordinators are more than just our staff you see on reception; they are your personal business guides. Their commitment to your success, combined with the wealth of resources and opportunities available within the Managed Workspace Centre's, creates an ideal environment for business growth and development. So, in your next coffee chat with your Success Co-Ordinator, embrace the opportunity to explore, engage, and expand your business horizons.



HULL



**BUSINESS
Breakfast**



Bites

Louis Pearlman Centre - 30th April

Last month marked the start a thrilling collaboration as the Federation of Small Businesses joined forces with Hull City Council's Managed Workspaces (MWC) and the Invest Hull teams. This innovative alliance created a dynamic platform for licensees and small businesses to connect and exchange ideas over an invigorating breakfast meeting. Hosted at the Craven Park Enterprise Centre, this inaugural event was nothing short of a vibrant hub, where a 'melting pot of ideas, collaboration, and community' took centre stage.

Attendees immersed themselves in a spirited networking environment, embracing the essence of effective and engaging communication in its purest form.

We are excited to announce that our next event will be held at the Louis Pearlman Centre on 30th April. This upcoming gathering promises to be another exceptional opportunity for professionals to connect, learn, and grow. Stay tuned for more details and be ready to reserve your spot in what promises to be an unmissable event for the business community in Hull.

To book your place, visit



NAVIGATING THE STORM: UNDERSTANDING AND MANAGING WORKPLACE STRESS

In today's fast-paced world, the workplace can often become a crucible of stress. With increasing demands, tight deadlines, and a never-ending pursuit of work-life balance, it seems everyone across the globe is grappling with mounting stress levels.



ALLAN ROOKYARD
Managed Workspace Centre Manager

Waking up to take on the world is challenging, financial pressures are constantly increasing, product margins are shrinking, and maintaining beneficial business-to-business and business-to-consumer relationships is critical, the risk of a single statement from a familiar company impacting all your hard work seems ever more present. In this article I look to shed light on workplace stress - its causes, signs you may not see, manifestations, and strategies for effective management.

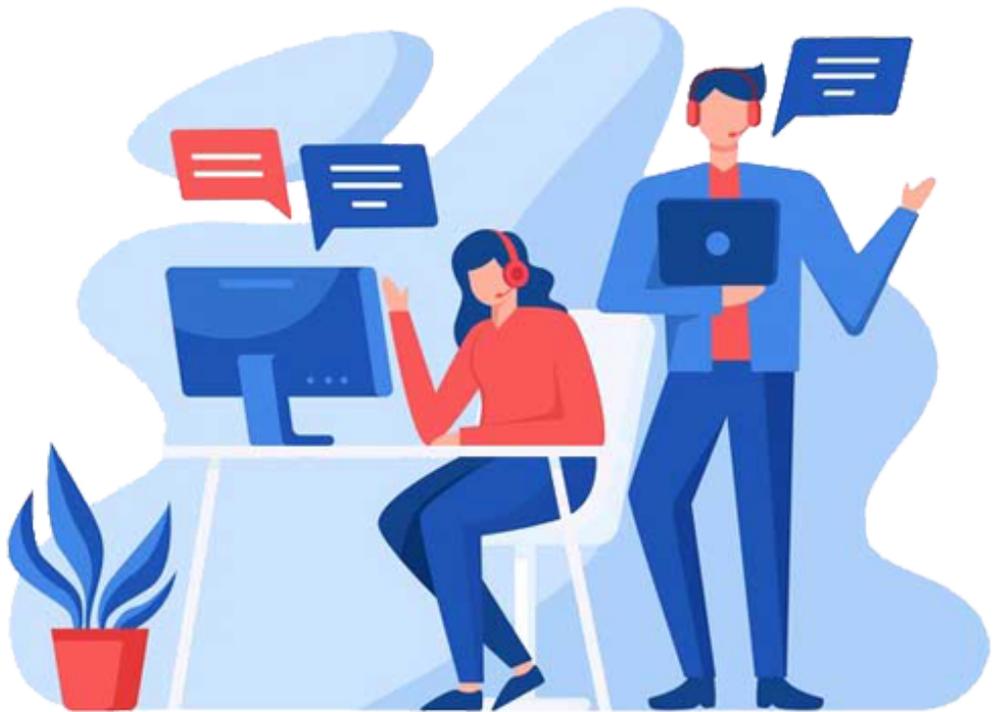
Mindful Consumption: Your Guide to Sustainable Living

How your day unfolds can often be influenced by the way you wake up. Perhaps you had a restless night, your child was up or feeling ill, or you overslept and are now running late for a hectic day. You proceed with your morning routine: brewing a cup of tea or coffee, making breakfast, turning on the TV, exercising, or preparing the kids for school.

The Scale of the Issue: A Statistical Overview

How your day unfolds can often be influenced by the way you wake up. Perhaps you had a restless night, your child was up or feeling ill, or you overslept and are now running late for a hectic day. You proceed with your morning routine: brewing a cup of tea or coffee, making breakfast, turning on the TV, exercising, or preparing the kids for school. We all have our morning rituals. Missing these can disrupt our entire day, potentially setting the stage for a challenging day ahead.

Then we arrive at work, and the bulk of our day begins. Workplace stress isn't just a buzzword; it's a growing concern that has tangible impacts on both individuals and organisations. According to a recent survey by the Health and Safety Executive (HSE) in the UK, 828,000 workers suffered from work-related stress, depression, or anxiety in 2019/20, leading to 17.9 million lost working days. These figures highlight the pressing need to address this pervasive issue.



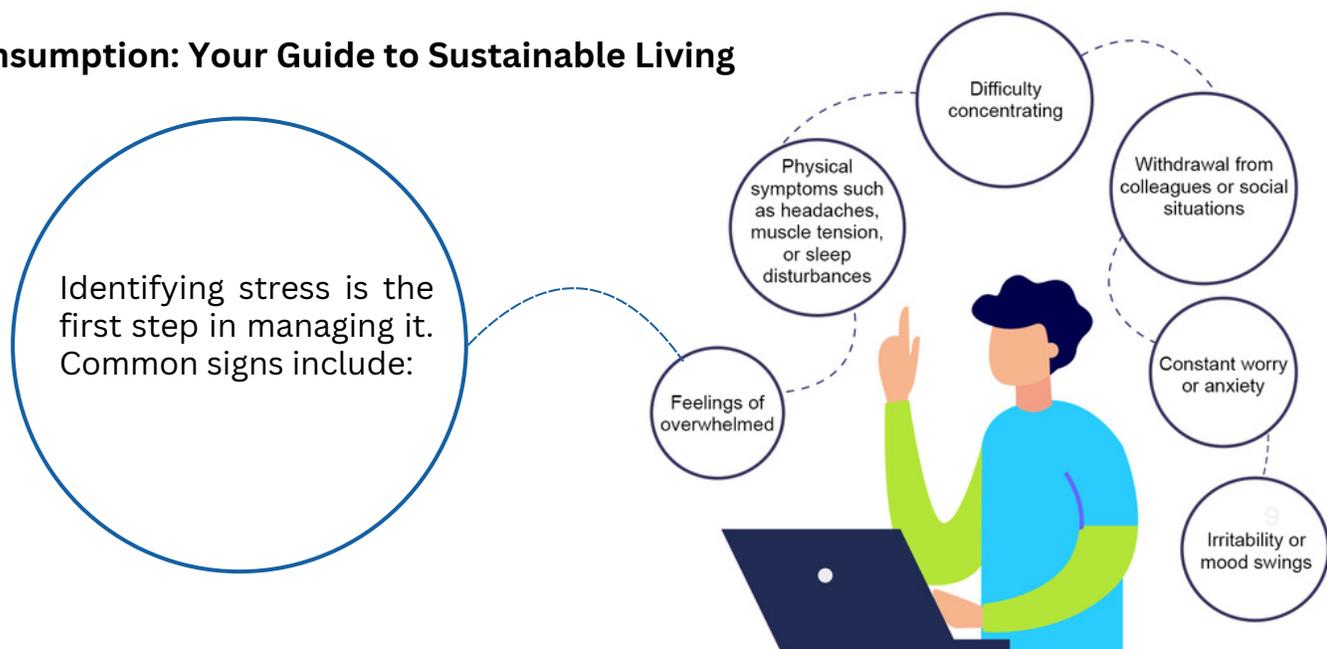
Spotlight from the Airwaves: Insights from Podcasts and TV Shows

The topic of workplace stress has found its way into numerous podcasts and television discussions, underscoring its relevance in contemporary discourse. Shows like "The Stress Test" by BBC Radio 4 and "WorkLife" with Adam Grant delve into the intricacies of workplace dynamics and stress management, offering valuable insights. These platforms often bring experts to discuss the root causes of stress and potential solutions, emphasising the need for a proactive approach to mental well-being in the workplace. I personally have listened to the WorkLife and enjoyed episodes such as:

- How to build an inclusive workspace
- Turning imposter syndrome into confidence
- How to pitch your best ideas

You can find his show here www.ted.com/podcasts/worklife if you're interested. There are many others out there, so spend some time and see what resonates with you.

Mindful Consumption: Your Guide to Sustainable Living



Prevention: Strategies to Sidestep Stress

The adage "prevention is better than cure" seems most valid when it comes to stress management. Here are some tips and strategies:

- 1) **Work-Life Balance:** Prioritise work-life balance. Establish clear boundaries between work and personal life.
- 2) **Time Management:** Efficient time management can significantly reduce work-related stress.
- 3) **Healthy Lifestyle Choices:** Regular exercise, a balanced diet, and adequate sleep can bolster your resilience against stress.

In the Throes of Stress: Coping Mechanisms

When stress becomes inevitable, here are ways to cope:

- 1) **Mindfulness and Relaxation Techniques:** It isn't always possible I know – but if you can do something you enjoy like a computer game, listen to a favourite song, or exercise. Practices like deep breathing exercises, running and yoga can help calm the mind.
- 2) **Seek Support:** Don't hesitate to talk to a friend, manager, or a mental health professional.
- 3) **Take Breaks:** Short, regular breaks throughout the day can help clear your mind and reduce stress levels.

Long-Term Solutions: Building a Stress-Resilient Workplace

Organisations play a crucial role in mitigating workplace stress. Implementing policies that promote a healthy work environment, such as flexible working hours, wellness programmes, and mental health awareness days, can make a substantial difference. Training managers and staff to recognise and respond to stress is crucial.

The Role of Technology in Stress Management

In the digital age, technology can be both a boon and a bane for workplace stress. While constant connectivity can lead to increased pressure, technology also offers tools for stress management. Apps that promote mindfulness, such as Headspace or Calm, have become increasingly popular. Be very wary of downloading too many however, some apps become very addictive very quickly. Personally, I fell victim to this. I downloaded games that required as much attention as my job did and even bled over into the evening. This did nothing but cause more stress and pressure – so choose wisely, should you go down the app route.

Incorporating Stress Management into Daily Life

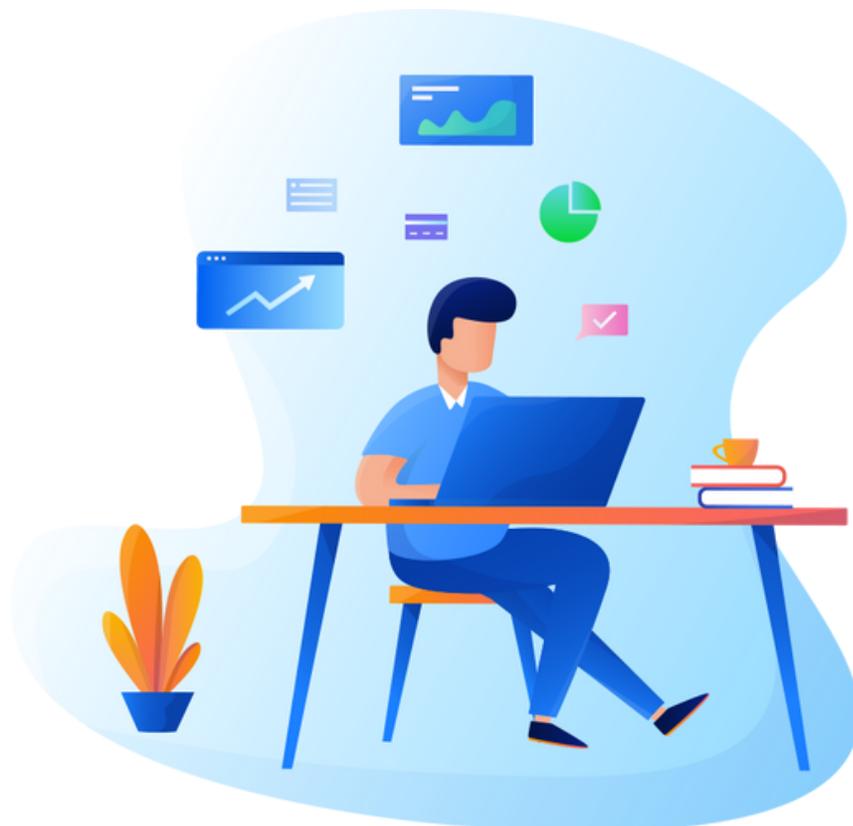
Incorporating stress management techniques into your daily routine is essential. Simple activities like a morning walk, journaling, or hobbies can serve as effective stress busters. Charles Duhigg, author of "The Power of Habit" said "There's no such thing as 21 days to start a new habit. The amount of time it takes will vary from person to person". Developing a pleasurable habit, like eating pizza for tea every night, for example, may only take a week to lock in. Whereas getting away from your workstation for 30 minutes before 12pm a day, may take a lot longer.

Incorporating Stress Management into Daily Life

Recognising the need for professional help is a crucial step. While the idea of consulting with a counsellor might seem daunting and evoke feelings of vulnerability or affect your self-worth, it's important to remember that seeking support is a sign of strength, particularly when stress becomes unbearable. Many people find that once they decide to open up and accept help, it can be incredibly empowering. Highlighting the positive outcomes of therapy, such as learning coping strategies and improving mental well-being, can be helpful. There are high levels of confidentiality and professionalism of counsellors, and any issues will be treated with utmost care and respect.

Final Thoughts: A Collective Effort

Managing workplace stress is not just an individual endeavour; it requires a collective effort. Employers, employees, and health professionals must work together to create environments that support mental well-being. Remember, addressing stress is not just about improving productivity; it's about enhancing the quality of life. And don't forget, everything starts with routine. It's ok to change your routine every once in a while, – I for one try and avoid watching the news in the morning. The world is hard enough without being forced more negativity down my throat. Give yourself credit, you're here having a go, and that is what it's all about.



I hope you found this edition both informative and enjoyable. Remember, each article we publish is inspired by you, our readers. If there's a specific topic you're curious about and would like me to explore, please don't hesitate to get in touch. I'll do my best to accommodate your request in upcoming articles. As always, my team and I wish you success and positivity in your business journey – remember, belief in yourself is key. Navigating the world of self-employment can often feel solitary, but rest assured, we're here to support and guide you through any challenges you might face. Your business success is our commitment.

MEET THE TEAM: JACOB MCLEAN

“An accomplishment I am proud of, is having had the opportunity to contribute significantly to multiple networking events”

What does your job entail?

I am responsible for managing incoming and outgoing communications – taking and forwarding messages for visitors, colleagues, and both internal and external partners. My duties also extend to handling post and deliveries for the business centre licensees and internal partners.

Additionally, I play an active role in maintaining our online presence, regularly updating our MWC website. My creative skills are also utilised in designing materials such as adverts, posters, vouchers, and slideshows on Photoshop, which involves close collaboration with licensees and colleagues.

Most importantly, the key aspect of my role is to support Businesses in acquiring office space within our centres and offering as much support as possible to see these businesses thrive.

What inspired you to pursue the career you have today?

When I first joined the team, something I really struggled with was my confidence when speaking with our licensees or other people that visited our centres. But as time has progressed, I have naturally been able to gain more confidence and now I can talk to anybody.

Where do you see yourself in 5 years?

In 5 years' time, I want to have learned and grown within my work, to have increased my responsibilities and skills. I hope, wherever I am working, that I am making a positive impact on those around me.

In terms of successes, which accomplishments are you most proud of?

An accomplishment I am proud of, is having had the opportunity to contribute significantly to multiple networking events, managing attendee lists and table plans through an Excel spreadsheet and then networking with businesses and other attendees at said events.

How have you grown professionally whilst with the team?

Since joining the team in October 2021, I have been able to greatly enhance my skills in many areas, such as gaining greater confidence in communicating with internal and external customers. I have had the opportunity to take part in various networking events. Throughout my time with the team, I have gained valuable knowledge within the world of business and developed a greater insight on how businesses work and operate.

Tell us something about you that most people don't know.

When I was 4 years old, I cracked my head open. This left a scar on my head that is only visible when my hair is short. This also explains a lot of other things.



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