



**Wishing all our supportive members a Merry Christmas
& a happy prosperous New Year**

**Kindest Thoughts
Devinder Ganda – e-Newsletter editor**

Paddington Business Network

Release Date: **December 22nd - Christmas Special**

e-Newsletter

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In This Month's Edition...

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- **Paddington Business Network – Free Walking Tour of Paddington –** [Next Business Event Click Here](#)

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Classified Ads...

- **Wine for Spice - Premium Semi Sparkling Wine**
- **e Banc - Business Barter**



Up & Coming Events...



Creative Thinker
Guest Speaker
Warren Edwardes.

- Our Next Paddington Business Network Meeting -
- Paddington Basin Marketing Suite -
- 143 – 145 Harrow Rd -
- London -
- W2 1JP -
• 020 7313 1011 •



Book now!! info@padbusnet.co.uk

'New Ideas For A New Year'

Date: **Wednesday 25th February**

Time: **6:00 - 6:30pm** ▶ Registration & networking
6:30 - 6:45pm ▶ Welcome – **Ruth Duston** – Paddington Waterside Partnership, Head of Programmes

Announcement - 6:45pm - 7:00pm ▶ **Bill Warry** e Banc Bartering system

Main Speaker - 7:00pm - 7:25pm ▶ **Warren Edwardes** – Wine for Spice – Creating Ideas

7:25pm> ▶ Networking Food & Drink

Event Information

Special Guest Speaker **Warren Edwardes - Wine for Spice.**
 Special Guest Speaker Warren Edwardes - Wine for Spice on "How to Capture the big IDEA"

Warren Edwardes is CEO of Delphi Risk Management, the financial product innovation and risk consulting firm. He has also advised on the generation of ideas in a number of fields other than finance and has just founded "Wine for Spice" to commission wines to accompany curries and spicy food. The idea came to him whilst solving a finance problem for a bank client.

This well-received speech by Warren Edwardes has been delivered in numerous countries as a motivational speech and will highlight the inspiration behind Wine for Spice. Each participant will not only have a chance to sample the new wines but also leave with their own IDEA kit bag.

Edwardes was previously on the board of Charterhouse Bank and has worked in the treasury divisions of Barclays Bank, British Gas and Midland Bank and at the Government Actuary's Department and The Equitable Life Assurance Society. Until recently he was chair of the London Business School Alumni finance group. He is particularly proud of his "Pass with Distinction" in the WSET wine exams just received and has been a member of a number of wine tasting teams.

For further information see: <http://wineforspice.com> and <http://dc3.co.uk/idea>



Next Business Meeting....

PBN Special Offer !! Walking Tour
Monday 19th January
Free To All Members



Monday 19th January starts at 6pm Prompt. Meeting Point; Starbucks Café, Sheldon Square, Paddington Central, W2.

Please do not be late !!

We have arranged a walking tour of Paddington Waterside and a glimpse of the exciting new developments in the area.

Walking tours last approximately 1 1/2hrs and refreshments / buffet will be provided at PaddingtonCentral.

To book, or for further information please email us info@padbusnet.co.uk



Features...

Christmas Dinner Review – A **SOLD OUT Event!**

The Paddington Business Network Christmas Dinner was a Jam-Packed event with around 70 attendees. Held on 12th December 2003



Paddington Business Members engage in networking - meeting like minded individuals



Shot of Goya Restaurant - Bayswater



Left: Arvin Devalia
Nirvana Coaching – The Author of 'Get A Life' email for more info – arvind@nirvanacoaching.com



The Eureka International Ltd team. Website & discounted Broadband services.

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Right: Hitendra Patel



Paddington Business Members "dance the night away"!!
Chris Paulsen
Paulsen Multimedia
Natasha Mickle
our lovely office manager



Our featured guest speaker
Prof. Geoff Marsh
London Residential Research
Ruth Duston
Head of Programmes
Paddington Waterside Partnership



Members enjoy complimentary drinks

Denise Lewis
Alatron Recruitment Agency
www.alatron.co.uk



Members chat away...
Ian Newton
Net-Europa Internet IT services
www.net-europa.com
Zoe Socrates
Hypnotherapy Practice
Life coaching services
Zoe@ZestLifeCoaching.com



Staying Focused On Your Objectives

Paddington Business Network – Business Articles



This Months Business Article Has Been Contributed By:
Seema Mahandru, Marketing Director of CK PARTNERSHIP & Reach Out Communications Ltd.

Working within a small business or for yourself means sometimes you need to be greatly self-motivated and extremely self-disciplined.

Having worked in this environment for over two years, I can honestly say although it is a refreshing change to be able to have far more control over how things are done, it is critical to keep focused on your objectives.

To this effect, I have devised some tips on How to Stay Focused, the aim being to maintain focus, energy and optimism whilst working towards goals.

Have Great Conviction

Having a purpose in life, makes it easier to work towards your goal. When you are excited about achieving a goal, it never seems like you are working. When you are not excited, your efforts will need more discipline and energy. Make sure working towards your goal excites you and then the enthusiasm will show through. If you enjoy what you do it makes it that much easier to get out of bed.

Write Down Your Objectives

This is crucial. From personal experience, I feel that I am working towards something when I do this. It may be in your mind but until it is on paper it does not seem real or achievable. Once on paper, it can then filter into your consciousness and add to your personal motivation.

Visualise

“See” your objective in existence. Use all your senses to make this vision work. The more you play positive scenarios through your head, the easier they flow.

Affirm your Success

Speak your goal into existence. An affirmation is a present-tense, positive statement of your intended outcome.

“I have now achieved _____” (fill in the blank).

This helps build on self-confidence.

Make a Plan of Action

To achieve and stay focused on your objective, create an action plan. What are the steps you will need to take to get from where you are to where you want to be?

In my case this helped form the basis of my business plan. The goal remains the same but the action plan is constantly under review and flexible.

Measure Your Progress

It is hard to change what you cannot measure. You need to review actions and chart your progress. Try to gain feedback from those that count. Small successes need to be rewarded as they help build your confidence further and motivate you to achieve greater things.

Maintain A Support System

Surround yourself with people who challenge and encourage you. Being accountable to someone other than yourself will help motivate yourself more. This ‘Buddy’ could then perhaps check up on you and your progress. At times a friend is just what you need to stay motivated. You will get constant encouragement and help, keeping you focused and enthusiastic, therefore making your goals easier to achieve. Also review past successes and this will help motivate you further.

Cont...





Focus on Only A Few Goals At A Time

Concentrate your efforts and energy on only a few goals at a time, otherwise you will find it hard to focus effectively. Although we all have many goals and projects, it is important for us to keep focused on what we feel would be our three main goals at the time.

Take Some Action Every Day

Goals need to be broken down into 'do-able' tasks consistently. Set objectives on a daily basis and putting deadlines on each job, even when you are working on projects that do not directly involve clients.

Enjoy Your Success

You are working hard, and need to be rewarded. On reaching certain levels of your goals or tasks, reward yourself.

Maybe on finishing part of a project, go out to dinner to celebrate. This keeps you motivated on sticking with your goal, as well as giving reinforcement and a small, but important reward for your hard work.

Mark successes and acknowledge yourself for your progress.

You deserve success and so celebrate it. I have found it useful to set myself a reward system, allowing me to enjoy my successes and further motivate me to achieve other goals.

Staying Motivated

Having once set up your goals and objectives, the fast pace of life in today's society, makes it a bit of a struggle to keep up with them. Sometimes more pressing issues, leave behind the important pieces of our lives. To resolve this issue all you need is a little reminder every now and then keeping you on track.

Using symbols to constantly remind you of your goal is an excellent way to get motivated. Some images you can use are:

- Magazines Clippings
- Personal Artwork
- Photographs of happy times, people etc.
- Letters, cards, notes
- Short message or a quote on a post-it note

In your home, you can place your reminder in your bedroom, on the fridge, on your desk, or on a notice board. At work you can tape them up next to your calendar or put them on your desk. Keeping your goal in front of you will bring you one step closer to reaching it. It also makes it easier to visualise the final outcome.

The key thing to remember is that you may have big goals and small goals, but don't forget the small ones are just as important. Once these have been defined and focused on, each small success will help build a happier and fuller life. Good luck!

***“Life takes on meaning when you become motivated,
set goals and charge after them in an unstoppable manner.”***

Seema Mahandru is Marketing Director of CK PARTNERSHIP and Reach Out Communications Ltd, based in the heart of London's West End.

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Classified Advertisements...



Wine for Spice™



It's the time for celebrations; for parties and presents; and Oxford Street crowds. Warren Edwardes is celebrating his "Pass with Distinction" in the WSET wine exams received last week and he'd like to present you with a neighbourly very special offer of his new wines until 22nd January 2004.

Edwardes created Wine for Spice to deliver a range of quality wines to go with Indian, Malaysian, Thai and other spicy food. Edwardes says "If you don't drink warm, flat beer with a curry, why drink warm flat wine with it?" Drunk chilled, Wine for Spice's naturally semi-sparkling Dry Viceroy White, Medium Dry Raja Rosé and Medium Rani Gold are quality splendidly refreshing wines to add a sparkle to curries and spicy food.

Special offer £25.00 per case of 6 bottles inc. vat. (RRP £5.99 per bottle).

Minimum of 2 cases. Mixed cases allowed.

Delivery free to W2; bordering boroughs £5.00. Other London areas £10.00.

Contact Warren Edwardes 020 7724 4606

pad1203@wineforspice.com • <http://wineforspice.com> • <http://reviews.wineforspice.com>

	Special Offer !!		Special Offer !!		Special Offer !!
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Give yourself an early Christmas present! – join E Banc Trade by 24th December and receive a case of wine absolutely free

To find out more about this superb way to trade, send an email to profitbooster@ebanc.com or telephone **0790 3938378.**



- Advertise here! -



£10* is all it will cost you to reach **1400+** members within Paddington and the surrounding areas.

Why not drop us a line at: info@padbusnet.co.uk for further information.

A Warm Welcome to our  **Members this Month!** (find them at www.paddingtondirect.com)

The Real Tea Company

Services - Selling tea over the internet specialist. **Discounts** – N/A.

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Services - Full re-upholstery service. **Discounts** - Free quotations

Contact Us @ Paddington Business Network

Do you have any suggestions for meetings, speakers and topics you would like covered? –
Do you wish to sponsor an event particularly in north Paddington?
- we'd like to hear from you - send all ideas & suggestions to Devinder – info@padbusnet.co.uk

If you need to update your business records, go to www.paddingtondirect.com and either modify your entry, or, if you do not yet have an online entry, 'create your entry'.

Best wishes
Devinder

NB: our address is:

**Room B108,
Macmillan House,
Paddington Station,
London W2 1FT**

- Devinder Ganda – Co-ordinator T: 020 7313 1011 F: 020 7313 1005 E: info@padbusnet.co.uk

visit our web sites:

<http://www.paddingtonbusinessnetwork.co.uk> - the networking and business association for Notting Hill, Portobello and Paddington. Providing networking, intertrading, joint marketing and information services to Paddington businesses, organisations and self-employed.

<http://www.paddingtondirect.com> - your local guide to businesses, consumer goods and services in the North Paddington & Portobello areas.