



Guess what I do?



Helping you achieve your dreams

Cynth's Shearing & Crutching Pty Ltd
No job to big or small includes pet sheep
Cynthia Southwell
Shearing Contractor/Shearer



"Box Hill"
225 Little Plains Road,
RYE PARK NSW 2586
Phone 02 6227 2138
Mobile 0428282473

RM1901740



If your horse has changed its behaviour or way of going, resolving soft tissue issues may help its return to full performance.

ELKA FISCHER

Jenkins Equine Neurophysiologic Therapy
Equine Massage | Equine Myofascial Release
Saddlefit & Assessment
Equine Photonic Red Light Therapy
Member - International Body Workers' Association

elkafischer@snowy.net.au
or
phone 0403 051 711

RM1901751

New Directions Kinesiology

Is a non-invasive healing combining Eastern medicine with Western science. It is used to balance the body on an emotional, physical and biochemical level.
Kinesiology can assist with
Fatigue - stress - pain
learning difficulties - allergies
muscle injury & general well being

Wendy Taggart - Kinesiologist (Dip Kin)
wendy.taggart@bigpond.com
0409 644 837

RM1900810

JOB BOOT CAMP-YASS

A local and personalised support process which helps you get the job you want faster.

**STRATEGIES FOR SUCCESSFUL
JOB-HUNTING, PREPARATION & PERFORMING
AT INTERVIEWS PLUS...**

- How to positively influence the interview
- Strategies for developing a success mindset
- How to create winning job applications & CVs
- Keys to overcoming obstacles
- Create a Career Pathway

HANDS-ON HELP AT EACH STAGE OF THE
JOB HUNTING PROCESS...

THE FIRST CONSULTATION IS FREE!

To find out more, Contact: **JACQUIE**
at **JOB BOOT CAMP**
MOBILE: 0466385487
Email: **jacquietewes@gmail.com**

RM1900138

Jacquie Tewes is all about helping people. Her philosophy is to be the best you can be and is very passionate about helping people and organisations to achieve their goals.

Jacquie has set up a service which can help you to achieve your career potential and is 100% committed to your success. Jacquie's range of skills includes career development, networking, sales, coaching and mentoring.

Through her Job Boot Camp program, she will share her knowledge and capability, giving you access to insider secrets of how to land the job you want faster. Some of the areas she can assist you with include: career development strategies (choosing the right job for you), assisting you to create the best Resume and job application; highlight your core strengths and perform at your best in job interviews to win the job of

your dreams.

The Job Boot Camp program is aimed at those willing to put in the extra effort to reap the rewards and land a great job. You may be a school leaver, graduate, returnee to the workforce, someone seeking that next promotion, or a career changer- Jacquie will help you develop the skills and attitude needed to win that job or promotion.

With Jacquie's help, you'll be able to perform at your absolute peak during the job selection process and put yourself on the path to success. You can book in for one-on-one sessions and workshops (dates to be advised). You can see Jacquie present at the "EA/PA Summit" on 31 July - 1 August 2013 in Canberra.

Her topics include Advancing Your Career and Winning Your Next Job Interview.



Treating soft tissue in horses

Elka Fischer's job title may seem a mouthful, but her job is really quite simple - she works on general health and soft tissue injuries for horses.

She is an equine body worker and Jenkins equine neurophysiologic therapist.

Jenkins equine neurophysiologic therapy is a method for addressing primary soft tissue distortions which do not resolve through rest and cause long-term compensation issues throughout the horse's body.

These kinds of issues can affect the horse's performance and well-being in all disciplines of equestrian sports.

Owners often note a change of behaviour, attitude, loss of flexion, change of range of motion but not actual lameness. Often this is interpreted as the horse becoming 'naughty', or just unwilling to perform.

The most common soft tissue injuries occur in the paddock as the horse goes for a gallop and

slips or falls, especially after rain or storms. Therefore unriden horses can also be affected, for example foals will stop thriving and maturing the way they normally would.

But through Elka's ministrations and technical expertise, your horse can soon be back on its way to full health and performing at its peak.



• **THERAPY:** Elka Fisher applying her skill.

In a man's world

Cynthia Southwell is not your run-of-the-mill shearing contractor.

She's been shearing for more than a decade but three years ago decided to head up her own team, taking over from Binalong local Bernie Downey (dec).

"I thought it was pretty cool. Not many women shear so I thought I might as well give it a go," Cynthia says.

She is proud of being able to shear 200 sheep in a day. She regularly has six shearers in her team but has had up to 11, plus

wool classers, roustabouts, pressers and a penner up.

She has another female shearer in her team and a female roustabout. Cynthia finds the mix of women and men works well and makes a friendly, efficient operation.

Her team works mainly in the Boorowa-Binalong area but is prepared to travel to other areas in the region.

Cynthia's slogan is 'no job is too big or too small' - they'll even shear your pet sheep!



• **TEAM:** Cynthia Southwell (left) heads up a team of male and female shearers. Pictured here are Clare Hanson, Jessica Patterson, Gregory Wynwood and Andrew Harrington.

A tailored approach to wellness

As a kinesiologist, Wendy Taggart is focused on both your mind and your body.

Rather than a therapist telling you what they think is wrong, and what they think the solution is, Wendy uses muscle testing to connect with your mind-body.

Wendy has been working as a kinesiologist for four years in the Yass and Canberra region. She aims to empower you to take control of your progress and gives you tools and strategies to enable you to heal and grow.

Kinesiology combines gentle, muscle-testing techniques with Chinese medicine principles, western science (anatomy, physiology and nutrition), counselling and energetic science. It works because it identifies the underlying cause/s of your condition or symptoms. All of you - thoughts, emotions, muscles, organs, hormones, nutrition and energy - are considered as part of a holistic context.

Wendy believes the body will communicate what's wrong.

"It is your mind-body that shows us what is actually happening, and your mind-body that guides me in developing the best solution," she says.

"Please note that kinesiology does not provide medical diagnosis - only doctors can do that. Rather, kinesiology identifies stress through a bio-feedback system, accessing



• **MIND-BODY:** Kinesiologist Wendy Taggart with patient Tina Hill.

information about your mind-body in ways that are sometimes beyond medical testing."

With Wendy, your treatment is tailored pre-

cisely to your needs. This enables you to overcome obstacles and achieve deep, lasting results.