



corporate executive offices

# CEO NEWSLETTER

AUGUST 2007

## *From the Managing Directors.....*

This newsletter is not just about CEO, in fact, its major purpose is to create an awareness amongst you, our clients, of the broader network of which you have become a member.

Accordingly, we would welcome your contribution explaining your business to the people in the companies with whom you share your centre and to the broader network that exists within the CEO organization.

In this newsletter we feature a contribution from a valued client of ours from Pacific Tower.

For those interested in featuring, it is required that the article be written and proofed by yourselves. Please contact your Centre Manager for more details.

Yours sincerely,

*Jenny Folley*

*& Michael Sayers*

*" We take care of the details.....  
While you take care of business"*

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E-mail: [enquiry@corpexec.com.au](mailto:enquiry@corpexec.com.au)

CEO Client Profile

## MUSCULOSKETAL BALANCE

MUSCULOSKETAL BALANCE has been located in Pacific Tower Hawthorn since 2003.

After more than thirty years experience as a physiotherapist I became interested in areas other than traditional pain management due to personal problems with pain. As a result, I have found and advocate a gentle holistic pain management approach.

*Movement becomes easier and pain reduces.*

The techniques used are safe and can be performed through clothing. Pressure that is mostly gentle is applied on key points:-

- Trigger points where the muscle involved is not functioning correctly.
- Points that are specific nerve intersections where the body responds by correcting imbalance in the muscles and joints.

There is no manipulation and minimal, if any exercise involved to get results. Many conditions are relieved by these techniques including-

- Back and neck pain
- Headaches and migraine
- Referred pain from back and neck problems
- Tendonitis such as 'tennis elbow'

Most people have imbalances that result in stiffness and/or pain. Our experiences in life play a part in this - such as sports, car accidents, long periods of sitting in a chair or car and even birth.

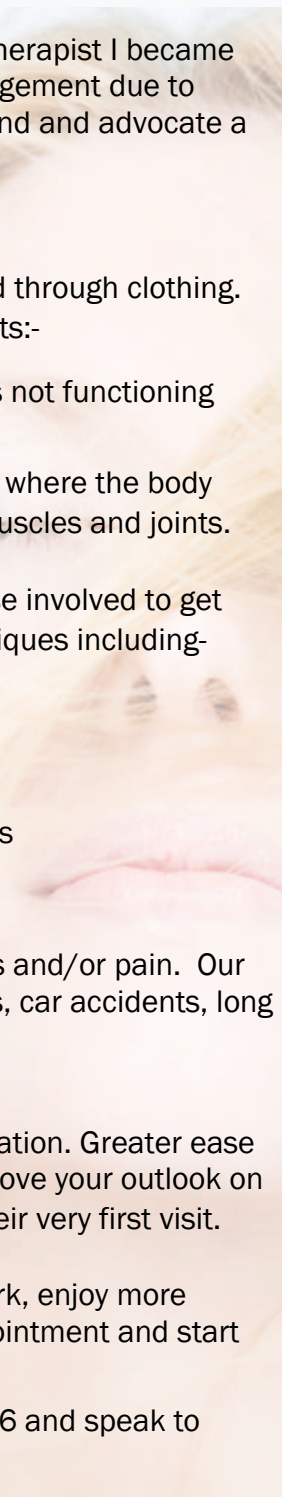
### **Feel confident again**

Of course, freedom from pain is only part of the equation. Greater ease of movement means you will regain vitality and improve your outlook on life. In fact, many individuals feel revitalized from their very first visit.

So why wait? Whether your goal is to get back to work, enjoy more freedom or simply face the world. Phone for an appointment and start enjoying drug-free pain relief today.

For further information, please phone 0413 599 886 and speak to Caroline.

Musculoskeletal Balance  
ENJOY PAIN RELIEF





## CEO STAFF- PROFILE



**Michelle May**  
Human Resources  
Manager

Michelle began working with CEO in March 2005, as a receptionist at The TOK Corporate Centre in Toorak. From Toorak she moved to the reception desk at HWT in Southgate.

She is currently in the process of completing a Bachelor of Commerce majoring in Human Resources through Deakin University.

Michelle has applied her studies to Ceo and is now our Human Resources Manager operating from Normanby Chambers in the CBD.

Before joining the CEO team, Michelle traveled and worked in the UK and Turkey. She has also traveled extensively throughout China and Malaysia and completed a trip around Australia.

Outside of work and study Michelle plays basketball, tennis and netball – her netball team is the current reigning premiers of the Hawthorn Netball League – a fact of which, she is extremely proud.

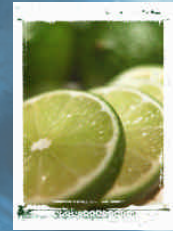
Having a very obvious love of travel, Michelle says she is very excited about CEOs international expansion and what that will mean for the training and development of our staff and the plans to begin staff exchange programs.

# CEO NEWS & MOVES

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**PLEASE CONTACT YOUR CENTRE MANAGER  
FOR FURTHER DETAILS & CONNECTION**



## CORPORATE CUP CHALLENGE 2007



CEO Centres at HWT and IBM in Southgate have a team running in this years Corporate Cup.

The Corporate Cup is a fortnightly, team-based running/walking program conducted at the Tan Track in the King's Domain Gardens and around the Royal Botanic Gardens. This program is aimed at city workers who are motivated to be healthy, with a focus on improving performance, encouraging the pursuit of personal bests and the spirit of teamwork.

This years fitness nuts are Tim Pearce & Benjamin Baran of Secure Computing (IBM), Suzanne O'Reilly of VelosIT (HWT), Andrea Tuckett of Quantum People (HWT), Carolyn Featherston & Jacinta Diehm of CEO. Stuart Goff of Perform Business Solutions (IBM) is also participating for the second year in a row.

Any person looking for an excuse to get out of the office is welcome to join in. Please contact Carolyn on 03 9626 2400 for further information.

We will keep you updated on the team's progress.

## Seminar Room

HWT Tower, 40 City Road Southgate Melbourne.

Located on Level 22, with stunning views from its wide expanse of windows, this room provides for the perfect seminar / conference, board meeting or cocktail party to impress. During the months of August and September you will receive 50% off the room hire rate. Book your Staff Christmas Party now to avoid disappointment. For more information, please contact Rochelle on 03 9674 0444.

