



THE V-EDITION

April 2017

Get social with us      



HOST YOUR NEXT EVENT AT VCSO!



Let our team take care of all your event requirements including catering, beverages, and even live entertainment! We have hosted a variety of successful networking events and are offering you the opportunity to host your event with us!

To find out more information, please click on the location you are interested in and send us your requirements or queries.



420 COLLINS STREET



35 COLLINS STREET



600 BOURKE STREET



CHADSTONE



SYDNEY



5 Ways to Beat Your Desk Sentence

1. *Create your own Space*

It is important that you feel comfortable in your surroundings at any workplace. Use photos and knick-knacks to liven your desk – it will make you feel a little better and more at home!

2. *Go outside*

We all reach that point in the day where our concentration levels drop and we become a bit sluggish. The best cure is to get out in the fresh air and go for a short walk, you'll then be ready to get back in to it and tackle the rest of the day.

3. *'The Progress Principle'*

Set small goals, this will help draw your team closer and make the task at hand more enjoyable. Focus on building a community who are helping one another – it can really help a team work harder and be happier.

4. *Stretch*

Sitting at a desk throughout the day can shorten your hamstrings, tighten your hips, and damage your spine! It is important to stretch, this will make you feel more comfortable and give you a break from your screen!

5. *Look after yourself*

Your health is important to the outcome of your work and your happiness at work. Make sure that you get enough sleep and that you are nourishing your body.



Easter Celebrations! What you need to know...

Good Friday	14 th April
Easter Saturday	15 th April
Easter Sunday	16 th April
Easter Monday	17 th April

Easter is a great time to spend relaxing and with family! Make the most of Easter and embrace what your city has on offer.

The iconic Easter shows have activities for all ages, food, drinks, and of course the famous Showbags!

For more information, simply click on the Easter show location you want to attend!

