

## About Us

Small Business Improvement Services is all about helping you to take your business to the next level. It is your business but we help you work ON YOUR BUSINESS.

Helen Cowley is a Small Business Consultant who mentors and coaches business People to improve their business profitability and make it enjoyable. She has 30 years experience in business has qualifications - A Masters in Business(MBA) specialisation Graduate Certificate in Entrepreneurial and Venture Development, Diploma in Business Management and Certificate IV Trainer and Assessor

Her community involvements include President of Logan West Community Projects (employment for long term unemployed) for which Helen was awarded a Volunteer Medal in 2001. She was previously Qld Chapter manager of Micro Business network incorp Home Based Business Australia. Helen was on the original steering committee, then spent 10 years on the committee of Jimboomba Chamber of Commerce committee and 8 of those as President, and including Regional Chamber of Commerce committee and Commerce Queensland Regional and City Board. She is now a Life member of the Logan Country Chamber of Commerce.

Helen is positive and proactive in supporting women as with her involvement in a number of women's community groups. Helen's enjoyment and interests include her family of 5 children, and her school and community commitments .

### Experience and Understanding:

Helen spent most of her young life on grazing properties in Central Qld. The free open spaces allowed for creative and innovative learning opportunities and the use of limited resources, which have proved to be beneficial experiences in Small Business.

Helen's first employment was in the banking industries, which gave her a good understanding of business activities and financial matters. Then small business management followed in retailing experiences in hardware, household, music and fashion. She owned her own shoe and fashion accessory shop for over 6 years.

Marrying a highly innovative and skilled engineer, Helen further developed her understanding of Small Business when she established a partnership in the family engineering business that has continued for over 18 years. This has involved managing the administration, financial, planning, marketing and promotion of this business.

Helen has added to this experience by continual training with numerous workshops and seminars and through continuing education. She is currently learning more about Building sustainable business and understanding the need for eco business.

Helen's Coaching and Consulting work developed through request from many of the engineering clients when they need support and guidance in their businesses. Helen became Qld Chapter Manager of the Micro Business Network for 3.5 years and although she has resigned from MBN she continues to support small business people. Helen promoted and launched the Qld Australian Micro Business Awards and MBN Conference in Queensland for 3 years as Qld chapter manager.

Over the last 15 years Helen has encouraged many business people to take the next step, to be positive and to think outside the square. As examples, she has promoted networking, the entering of awards and being proactive, as well as being involved in their communities to benefit their business as well as their communities.

Helen has been a guest speaker at a number of Chambers of Commerce and business groups. She has been on the Committee for Research into Home Based Business for State Development and in 2001 was a Keynote Speaker for the Northern Territory Government's October Business Month in Alice Springs and Darwin speaking on HBB as well as the benefits of entering Awards.