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Picturebook INTERIORS



Its All Go!!

The interior design classes have started and are going very well. If you are interested in joining me next term, please email, phone or check the website for details. These classes are designed to be fun and informative and are limited to 8 people.

Term 2 starts on the 21st April and will run for 8 weeks. I am also taking two tours in conjunction with the New Zealand House and Garden House tour. The first is to view 10 Auckland homes on the 12th March. Total cost is \$110.00 which includes transport and entry tickets to the venues.

The second is to 10 homes in the Omaha/Matakana area on the 26th March, total cost is \$120.00, includes transport and entry tickets to the venues.

This is a fabulous way to explore different styles of design and to gather ideas for your own projects, or simply just have a wonderful day out with like minded people. We will travel to each home in an air-conditioned mini coach with an experienced driver. Booking is essential as it is limited to 10 passengers. For more info phone, email or check out the web site. I will be running tours on a regular basis, so watch for the April tour.

The front room of 12 Wesley Street has been waiting for that special someone to fill it and we have finally found them.



FRONTROOM

www.frontroomgallery.co.nz

March 18th is a red letter day for Pukekohe as we welcome the opening of a new contemporary art gallery in our area. FRONTROOM is dedicated to providing a showcase for artists and artisans to present their work and offer the public the opportunity to purchase unique and original artworks.

FRONTROOM's objective is to establish a venue with a point of difference representing a variety of contemporary art forms and styles. Running lines of select high quality products will also be available in keeping with the themes or programmes planned by the curators.

FrontRoom's themes or programmes will change and rotate on a regular basis so as to always have fresh new work on show and to ensure continuing interest for both artists and the public.

The curators, Su Walker, a graduate of Manukau School of Visual Arts with a Bachelor of Visual Art and Jennifer Stewart, who is currently in her final year of the same degree, met through a mutual friend. Their combined talents and interests have fostered a friendship that allows the two women to collaborate successfully. They believe that a contemporary art gallery will fill a niche in our area that will be beneficial to both artists and observers alike.

FrontRoom is intended to be a place of creative interest offering an alternative source of art work to compliment one's lifestyle.

Looking forward to hearing from you, any comments queries or questions, please email me. ■

Tip for the Month: White is the new black!!

Helen

coaching by design
business, professional & lifestyle coaching



Are You Meeting Life's Challenges with Energy and Action? *Gil Garchow*

Are you trying to find inspiration, the drive and support to do something differently in your life?

Are you ready to step into being your best?

This is where partnering with a Lifestyle Coach can get you to where you would like to be.

So what is a Lifestyle Coach? As a coach I consider myself a qualified supportive partner in my client's journey; as opposed to a mentor who tells you the way or a counsellor or therapist who picks you up when you trip.

Coaching is a very positive experience. It is not about 'fixing' ourselves - it is more enhancing, growing and developing ourselves to get more focus and fulfilment from our lives.

It is also more than setting goals; (however goals are important as without goal posts how can you expect to score)? It's about understanding that what we think and do affects the results we create. A Coach can be our champion as we realign ourselves, get us either back on track or forge a new one. It is about understanding and developing the 'who' of us, the 'how' we do things and the 'what' of what we want.

Whether you are an individual or business wanting to find structure, seek more balance in your life, to turn down your stress, or design your long term visions into practical short term steps - I invite you to meet with me for a coffee and talk about how you can really get what you want.

Available courses:

- ★ **Reach for the Stars** - a practical 'Goal Getting' course resulting in direction in all aspects of our lives. Goals inject possibility, passion and drive on our journey
- ★ **Women in Action** - A 6 week course for women wishing to gain more confidence, build self esteem, connect with our intuition, find purpose and passion, develop positive new habits and direction.

Next month we will explore how coaching can enhance both success and wellbeing within businesses and organisations.

People, passion and possibility - a powerful combination.

Contact Gil on 09 238 9960, e-mail gil@coachingbydesign.co.nz, www.coachingbydesign.co.nz

